

THE
LADIES CABINET
ENLARGED and *by m.B.*
OPENED:

Containing
Many Rare Secrets and Rich Orna-
ments, of several kindes, and
different uses.

Comprized

Under three general Heads.

Viz. { 1. Preserving, Conseruing, Candying, &c
2. Phyfick and Chirurgery.
3. Cockery and Houſwifery.

Whereunto is added;
Sundry Experiments and choice Ex-
tractions of Waters, Oyls, &c.

Collected and practised;

By

the late Right Honorable and

Learned Chymist,

The Lord RUTHUEN.

The second Edit. with Additions;

AND

A particular Table to each Part.

LONDON, Printed by T.M. for G. Bedell,
and T. Collins, at the middle Temple-
Gate, Fleet-street. 1655.





*To the Industrious impro-
vers of Nature by Art; espe-
cially the vertuous Ladies
and Gentlewomen
of this Land.*

Courteous Ladies, &c.


He first Edition of
this--(call it what you
please) having recei-
ved a kind entertain-
ment from your Ladiships
hands, for reasons best known
to your selves, notwithstanding
the disorderly and confused
jumbling together of things
of different kinds, hath made
me(who am not a little concerned

A here-

The Preface.

therein) to be think my self of som
way, how to encourage and re-
quite your Ladiships *Pains* and
Patience (vertues, indeed, of abso-
lute necessity in such brave em-
ployments; there being nothing
excellent that is not withal diffi-
cult) in the profitable spending of
your vacant minutes. For this pur-
pose I resolved (at least) to smooth
your way a little, by bringing
each particular to its proper
head, or (since its called A Ca-
binet) laying each Jewel in his
peculiar box; and so having fit-
ted it for readier use, to have sent
it abroad again to salute your
gentle hands the second time.

But hearing in the mean time of
certain rare *Experiments*, & choice
extractions of Oils, Waters, &c.

the

The Preface.

the practice of a Noble hand, and of approved Abilities, (to testify how ready I am to further ingenuous undertakings in this kind) I have with much pains, & some charges sought after, & at length happily purchased them for you. All which, with the addition of many other secrets of several kinds, (and I hope, of valuable concernment) I have so incorporated together, if I may so say, and methodically digested, that they may be the more easily and profitably improved.

And lest any thing might yet be lacking on my part, I have caused somewhat like an alphabetical Table to be affixed to every part, by the help wherof you may quickly view the particulars of your Treasury,

The Preface.

sury, and know where to find them at pleasure.

The whole Cabinet consisteth of three Divisions, in each whereof are contained many pleasant and precious pieces of different kinds, both for ornament and profit. In the first you shal find a delightful Confectionary of Preserves, Conserves, Candies, Syrups and such like, and how to make and use them. In the second you may take notice of very many and rare Secrets in nature, belonging both to Physick and Chirurgery, not unworthy the knowledg and practice of most piercing spirits. And in the third are set down excellent patterns for the neatest Cooks, and good Housewives.

The

The Preface.

The most stately of the three that in the midst; the more delightful are set on each side: This like a magnificent palace, stands above them; these like places of pleasure, stand about it: Here you may sport there you may rest; These are for pomp, the other for safety. But lest I should be thought tedious to little purpose, or any way to endeavour to by-asse your affections, or abridg your freedom, I shall thus leave you at liberty as Lovers in Gar- dens, to follow your own fancies. Take what you like, and delight in your choice, and leave what you list to him, whose labour is not lost if any thing please.

M. B.

The
Stationers to the
R E A D E R.

* * * * * Besides the gracefulness
* * * * * and beauty of this
* * * * * beyond the former
* * * * * Impression of the
Ladies Cabinet enlarged, in re-
spect of the manner of its coming
forth, there are moreover many
profitable and delightfull dire-
ctions added; which as they are of
severall kinds, according to the
threefold division of the Book. So
are they carefully inserted in their
proper Parts and peculiar places,
suitable to its former Method. By the
accession whereof we are again im-
boldned to send it forth into the
World, and with greater confidence,
commend it to your further per-
usal.

18th. Sept. 1645.



Experiments in
*Preserving, Conserving,
 and Candyng &c.*

PRESERVING.

1 *The best way to preserve Quinces white.*



IRST, Pare and coar the Quinces, and boyle them in faire water till they be very tender, not covering them ; then taking them out of the water, take to every pound of them two pound of sugar , and halfe a pint of water , and boyle it to a syrup, scumming it well ; then put in some of the Jellie that is washed from the quince kernels, and after that making it boile a little, put in your Quinces, boile them very fast, keeping the holes upwards , (as neer

2. Experiments in Preserving,

as you can) for fear of breaking ; and when they are so tender that you may thrust a rush thorow them, take them off and put them up in your glasses, having first saved some srrup till it be cold, to fill up your glasses.

2. A Speciall remembrance in doing them.

When you Preserve Quinces or make Marmelade, take the Kernels out of the raw Quinces, and wash off the Jellie (that groweth about them) in fair water ; Then straine the water and Jelly from the kernels, through some fine Cobweb Lawn , put the same into the Marmelade or Preserved Quinces, when they are wel scummed ; But put not so much into your Quinces , as into the Marmelade, for it will Jelly the srrup too much : Put six or seven spoonfuls of srrup into the Jellie before you put it into the Marmelade ; you must boyle your quinces more for Mermelade, then to preserve your quinces , and least of all when you make your cleare cakes.

When you would preserve your quinces white , you must not cover them in the boyl ing, and you must put halfe as much Sugar more for the white as for the other. When you would have them red , you must cover them in the boyl ing.

3 To Preserve Barberies.

Choose the fairest bunches of Barberies you can get, pick off the withered and shrunk berries, and wash them clean ; drying them in a clean

clean cloth. Then take another good quantity of Barberies well picked, and boyl them in Clarret wine till they be soft, then straine them well through a strainer, rubbing or wringing them through: boyl this liquor, so strained out, with Sugar, till it be very sweet and thick, and then let it stand till it be cold: Then put your bunches or branches of Barberies into gallipots or glasses, and fill them up with this liquor, and so shall you have both srrup of Barberies, and preserved Barberies.

4. *Another way to preserue Barberies.*

First take the fairest Barberies, and of them the greatest bunches you can get, and with a needle take out the stones on the one side of them; then weigh out to every half pound of them one pound of Sugar, put them into a preserving pan, strow the Sugar on them, and let them boyle a quarter of an hour softly; then taking out the Barberies, let the srrup boil a quarter of an hour more, then put in the Barberies againe, and let them boyl a pretty while with the srrup, then take them from the srrup, let them both stand till they be cold, and so put them up.

5 *To preserue black Cherryes,*

Take them as they come from the tree, and cut off the stalkes: for two pound of Cherryes take one pound of sugar, seeth it, and

B 2 clarifie

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clarifie it, and when it is halfe boyled, put in the Cherries, and let them seeth softly all together, untill the Sugar may be drawne between the fingers, like small threads; when the broth is almost cold, put the Cherries in a pot with the stalks upwards.

6 To preserve Peares.

Take pears new gathered from the tree, and sound, let them be pretty mellow, then take an Earthen pot, and lay in the bottome of it some dried vine leaves, and so lay Peares, and leaves, until the pot be full, then filling the pot with old wine, lay some heavy thing on it, that the Peares may not swim, you may also take whole ginger, and cut the same small, and strew it betweene each rowe.

7 To preserve Angelica Roots.

Take the roots, and wash them, then slicing them very thin, lay them in water three or four dayes, change the water dayly, put them in a pot of water, and set them in embers all night, then to a pound of roots, put two pound of Sugar and four pints of water, boyle it, and scum it cleane; then put in the rootes, then take them up and boyl the syrup after.

8 To preserve Mulberryes.

Take Mulberryes, and put to them their weight of sugar, having wet your sugar with some

Conserving and Candyng &c. 5

some juice of Mulberryes, then stir your Sugar together, and put in your Mulberryes, then boyle them till they are boyled enough, then take them off, and boyl the syrup a while, and put it into the Mulberryes, and let them stand till they be cold.

9. To preserve all kind of Flowers in the Spanish Candy in Wedges.

Take Violets, Cowslips, or any other kind of flowers, pick them and temper them with the pap of two rosted Apples, and a drop or two of Verjuyce, and a graine of Muske; then take half a pound of fine hard Sugar, boil it to the height of *Manus Christi*, then mix them together, and poure it on a wet Pie-plate, then cut it in Wedges before it be through cold, gild it, and so you may box it, and keep it all the year: It is a fine sort of banqueting stuff, and newly used. Your *Manus Christi* must boil a good while, and be kept with good stirring.

10 To preserve green Pippins.

Take Pippins, pare them very thin, while they are green, then take ten smal green Pippins worse then the other, pare them and boil them in a pottle of water till they be all to pieces; then straine it from the coares, then take two pound of Sugar, and put it into the same liquor so strained, and set it on the fire, and so

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soon as it boileth, put in the Pippins you purpose to preserve, so let them boile leisurely till they be enough, and when they are preserved they will be green. In like sort you may preserve Quinces, Plums, Peaches, or Apricocks, if you take them green.

7 To preserve Oranges and Lemmons

Take your Oranges or Lemmons, lay them in water three daies and three nights to take away their bitterness, then boil them in fair water till they be tender, make as much Syrup for them as will make them swimme about the Panne, let them not boil too long therein, for it will make the skinnes tough; then let them lie all night in the syrup to make them take the syrup; in the morning boile your syrup to his thicknesse and put them in Gallipits or Glasses, to keepe all the yeare: And this is the best way to preserve Oranges, Lemmons or Citrons.

8 To preserve Peaches.

Heat water scalding hot first, then scald your Peaches till you may pull off the skin, which done, boil your Rosewater and Sugar till it be somewhat thick: then put in your Peaches one by one, strowing the Sugar on them; and as the fire melteth it, cast on more four or five times, letting them boyl with a soft fire till they be tender, keeping them covered

red as long as they seeth, then take them out, and put them up for use.

9 To prescrue Medlers

Take the fairest Medlers you can get, but let them not be too ripe, then set on faire water on the fire, and when it boyleth put in your Medlers, and let them boil till they be somewhat soft; then while they are hot, pull them, cut off their crowns, and take out their stones, take then to every pound of Medlers three quarters of a pound of Sugar, and a quarter of a pint of Rosewater, seeth your syrup, scumming it clean, then put in your Medlers one by one the stalks downward: when your syrup is somewhat cool, then set them on the fire again, let them boile softly till the syrup be enough, then put in a few Cloves, and a little Cinamon, and so putting them up in pots, reserve them for your use.

10 The best way to prescrue Goosberries.

Gather them with their stalks on, cut off their heads and stone them, then put them in scalding water, and let them stand therein covered a quarter of an hour: Then take their weight in Sugar finely beaten, and laying first a layer of Sugar, then one of your Goosberries in your preserving Skillet or Pan, till all be in, putting in for every pound of Goosberries six spoonfuls of fair water; set them on the

8 *Experiments in Preserving,*

embers till the Sugar be melted; then boil them up as fast as you can, till the syrup be thick enough, and cold, and then put them up. This way serveth also for Raspices and for Mulberries.

15 *To preserve Damsons.*

Take the Damsons before they be full ripe, but new gathered off the tree, allow to every pound of them a pound of Sugar, put a little Rosewater to them, and set them in the bottome of your Pan one by one, boile them with a soft fire, and as they feeth, strow your Sugar upon them, and let them boil till the syrup is thick enough; then while the syrup is yet warm, take the Plums out, and put them in a Gallipot Syrup and all.

16 *How to preserve Cherries.*

Take the Cherries when they be new gathered off the tree, being full ripe, put them to the bottome of your preserving pan, weighing to every pound of Cherries one pound of sugar, then throw some of the sugar upon the Cherries, and set them on a very quick fire, and as they boil throw on the rest of the sugar, till the syrup be thick enough; then take them out, and put them in a Gally-pot while they are warme. You may (if you will) put two or three spoonfuls of Rose-water to them.

17 To preserve Artichokes.

Heate water scalding hot first, then put in your Artichokes and scald them, and take away all the bottoms and leaves about them, then take Rosewater and sugar, and boile them alone a little while, and then put the Artichokes therein, and let them boile on a soft fire til they be tender enough ; let them be covered all the time they boile : then take them out, and put them up for your use.

18 To preserve Roses or any other flowers.

Take one pound of Roses, three pound of sugar, one pint cf Rosewater or more : make your syrup first, and let it stand til it be cold, then take your Rose-leaves, having first clipt off all the white, put them in the cold syrup, then cover them and set them on so soft a fire, that they may but simber for two or three hours ; then while they are hot, put them out into pots or glasses for your use.

19. The best way to preserve Apricocks.

Take the weight of your Apricocks (what quantitie soever you mind to use) in sugar finely beaten, pare and stone your Apricocks, and lay then in the sugar in your preserving Pan all night, and in the morning set them upon the embers till the sugar be all melted, and then let them stand and scald an hour :

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then take them off the fire, and let them stand in that syrup two daies, and then boile them softly, till they be tender and well coloured ; and after that, when they are cold, put them up in glasies or pots, which you please.

20 To preserve Ballasses as green as grass.

Take your Ballasses as new gathered as you can, wipe them with a cloth, and prick them with a knife, and quaddle them in two waters close covered : then take a pound of clarified Sugar, and a pint of Apple water, boile them wel together (keeping them wel scummed) unto a syrup, and when your Ballasses are wel dript from the water, put them into the syrup, and warm them three or four times at the least ; at the last warming, take them up and set them a dropping from the syrup, and boil the syrup a little by it selfe, till it come to a Jellie, and then between hot and cold put them up to keep for all the year.

21 To preserve green Walnuts.

Take Walnuts and boil them till the water do tast bitter ; then take them off, and put them in cold water, and pill off the bark, and weigh as much sugar as they weigh, and a little more water then wil wet the sugar ; set them on fire, and when they boil up, take them off, and let them stand two dayes, and boil them again once more.

22 To

22 To preserve Pomecitrone.

Of your Pomecitrone take one pound and a halfe, and cut them some in halves, some in quarters, and take the meat out of them, and boyl them tender in fair water: then take two pound of clarified Sugar and make syrups for them, and let them boil in syrup a quarter of an hour very gently: then take them up, and let your syrup boil till it be thick, and then put it into your Pomecitrone, and you may keep them all the yeer. If you please, you may pare some of them; for some delight to have them in the skin, and some pared.

23 To preserve Eringo roots.

Take Eringo roots, fair and not knotty, one pound, and wash them clean; and when they be washed, set them on the fire and boil them very tender; pil off their outermost skin, but see you break them not as you pare them; put them into cold water; and let them all remain there till all be finished; and then you must take to every pound of roots three quarters of a pound of clarified sugar, and boil it almost to the height of a syrup, and then put in your roots; but look that they boil very gently together (with as little stirring as may be, lest they break) untill they be enough: and when they be cold, put them up and keep them.

24. *To preserve Raspices.*

Take of your fairest and wel-coloured Raspices, and pick off their stalks very clean, then wash them, but in any wise bruise them not : then weigh them, and to every pound of Raspices you must take six ounces of hard Sugar, and six ounces of sugar-candy, and clarifie it with half a pint of fair water, and four ounces of juice of Raspices : being clarified, boil it to a weak syrup, and then put in your Raspices, stirring them up and down, and so let them boil till they be enough ; which to know, you must take some of the syrup with one Raspice, and let it cool, and if it will scarce run out, it is enough ; and bein^o cold , you may put them up and keep them a the yeer.

25. *To preserve Enula Campans roots.*

Take of your *Enula Campans* roots, and wash them, scrape them very clean, and cut them thin to the pith the length of your little finger ; and as you cut them, put them in water, and let them lie in water thirtie daies, shifting them twice every day, to take away the bitterness ; weigh them, and to every pound of roots take twelve ounces of clarified sugar, first boiling the roots as tender as a chicken, and then put them into the clarified sugar , and let them boil upon a gentle fire until they be enough : and let them stand off the fire a good while, and be-
twixt

Conserving and Candyng, &c. 13
twixt hot and cold put them up for your use.

26 *Confect of Nutmegs.*

Take the largest, and best Nutmeggs, and steepe them in Lee made of wood ashes, untill they be mellow, and soft, poure away the Lee, and peel off the uppermost gray skin, pour fresh water on them to take away the sharpnesse of the Lee ; then dry them in the bottome of a sieve : then make a syrup of sugar well decocted, and poure it lukewarm on them, and scethe the same againe, that the syrup may continue thick.

27 *Conserue of Prunes.*

Take of the best Damask Prunes, cut them open, and pluck out the stones, seethe them in a pot, and having strain'd them through a strainer, seeth them again to a pap. But if you would preserve them, then poure clarified honey upon them, stirring it always well about.

28 *Conserve of Rosemary.*

Take Rosemary flowers, gathered either in Spring or Harvest : after you have pounded them to pap, take three parts of sugar to one part of these flowers, pound them all together, and set them in the Sun.

29 *Conserue of Pomegranates.*

Take Pomegranates, & when you have prest out

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out the juice, put it on a silver plate, and dry it on some warm cindars, seethe it in sugar untill the plum appear, and when it is well boild, take it off the fire, then put your juice in it, and take out your Conserve.

30. To conserve Cowslips.

Gather your flowers in the miest of the day, when all dew is off them : cut off all the white, leaving none but the yellow blossomes of them : so picked and cut, before they wither, weigh out ten ounces, taking to every ten ounces of them (or greater proportions, if you please) eight ounces of the best refined sugar in fine powder : put the sugar into a pan, and candy it, with as little water as you can : then taking it off the fire, put in your flowers by little and little, never ceasing to stir them till they be dry and enough : then put them into glaisses or gally-pots, and keep them dry for your use. These are rather candied then conserved Cowslips.

31. A Conserve of Roses.

Take red Rose buds, clip all the white, bruised and withered from them, then weigh them out, and taking to every pound of Roses three pound of sugar ; stamp the Roses by themselves very small, putting a little juice of Lemmons or Rosewater to them, as they wax dry ; when you see the Roses small enough, put the sugar to

to them, and beat them together till they be well mingled; then put it up in gall-pots or glasses. In like sort are the Conerves of flowers of Violets, Cowslips, Marigolds, Sage, and Scabious, made.

32 The use of Conserve of Violets
and Cowslips.

That of Cowslips doth marvellously strengthen the brain, preserves against madnesse, against the decay of memory, stoppeth head-ach, and most infirmities thereof. For Violets, it hath the same use that the Syrup hath. *Vide among Syrups.*

33 The use of Conserve of Marigolds.

Conserve of Marigolds taken fating in the morning, is good for melancholy, cureth the trembling and shaking of the heart, is good to be used against the Plague, and corruption of the air.

34 Of Sage flowers.

It preserveth against melancholy, doth dry and comfort the stomack, cureth an old cough, and openeth the stopping of the liver.

35 Scabious flowers.

These cleane the breſt and lungs, take away old coughs, impostumes of the breſt, and all inward parts. *Proſtitum.*

36 *Conserve of Barberries.*

Take your Barberries, pick them clean in fair branches, and wash them clean, and dry them on a cloth: then take some other Barberries, and boile them in claret wine, till they be very soft; then strain them, and rub them so well through the strainer, that you may know the substance of them, and boil up this matter thus strained out, till it be very sweet, and somewhat thick; then setting it by till it be cold, and then put your branches of Barberries into Gallipots or Glasses, and fill it up with the cold syrup, and so shall you have both syrup and also Barberries to use at your pleasure.

37 *The Cordial Conserve.*

Take the Flowers of Rosemary, Bugloss and Borage well pick'd, the flowers of Clove-Gilliflowers, Pauncies, Violets, Cowslips, Red Roses, Damask Roses, and Marigolds clipt from their white, of each two ounces; put to every of them three ounces of sugar, very finely beaten and scarred, and stamp them all together to a Conserve, and keep it in a Gallipot. When you would use it, take the quantity of a small Walnut every morning fasting.

38 *To make Muskalline Comfits.*

Take four ounces of double refined sugar finely beaten and scarred, put thereto two grains

grains of Musk, a penny-weight of Orris root in powder, beat it to perfect fine paste, then roll it as thin as paper, and cut it like to Diamonds with your knife, as with a fine jagged Rowel cutter; so drie them in your Stove and keep them.

39 *To make black Clove Comfits.*

Take two ounces of Cloves dryed in a dish in an Oven, beat them to very fine powder; then take four ounces of suger finely beaten and scarced; add to that two or three Date-stones burned and made into fine powder, (which bringeth your paste to the blacknesse) mix with all these Gumme Dragon steeped in Rose-water, beat it up into a Comfit paste, roul it in long small Rolls, and with a knife cross-cut them at one end like a Clove blossom, so stove them, and servy them. This is an excellent Comfit, it will taste like a Clove, and eat pleasantly.

40 *To candy all kinde of Flowers as they grow, with their stalks on.*

Take the Flowers, cut the stalks somewhat short, then take one pound of the whitest and hardest suger you can get, put to it eight spoonfuls of Rose-water, and boil it till it will roul between your finger and your thumb; then take it from the fire, cool it with a stick, and as it waxeth cold, dip in all your Flowers, and taking

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taking them out again suddenly, lay them one by one on the bottom of a sieve; then turne a joyned stool with the feet upward, set the sieve on the feet thereof, cover it with a fair linnen cloth, and set a chafingdish of coals in the middest of the stool, underneath the sieve, and the heat thereof will run up to the sieve, and dry your Candy presently; then box them up, and they will keep all the yeer, and looke very pleasantly.

41 *To make the Rock Candies upon all Spices, Flowers and Roots.*

Take two pound of Barbary sugar, clarifie it with a pint of water, and the whites of two eggs, then boil it in a posnet to the height of *Manus Christi*, then put it into an earthen Pipkin, and therewith the things you will candy, as Cinamon, Ginger, Nutmegs, Rose buds, Marigolds, Eringo roots, &c. Cover it, and stop it close with clay or paste; then put it in a Still with a leisurely fire under it, for the space of three dayes and three nights; then open the pot, and if the Candy begin to coine, keep it unstopped for the space of three or four dayes more, and then (leaving the syrup) take out the Candy, lay it on a Wier grate, and put it in an oven after the bread is drawn, there let it remain one night, and your Candy will be dry. This is the best way for Rock candy, making so small a quantity.

42. The

42 The Candy Sucket for green-Ginger,
Lettice flowers, &c.

Whatsoever you have preserved, either herbs, fruits or flowers, take them out of the syrup, and wash them in warm water, and dry them well: then boil sugar to the height of candy for flowers, and draw them through it: then lay them on the bottom of a sieve, dry them before the fire, and when they are enough, box them for your use. This is that the Comfit-makers use, and call Sucket Candy.

43 To candy Ginger.

Take very fair and large Ginger, and pare it, and then lay it in water a day and a night; then take your double refined sugar, and boile it to the height of sugar again: then when your sugar beginneth to be cold, take your Ginger, and stir it well about till your sugar is hard to the pan; then take it out race by race, and lay it by the fire four hours, then take a pot and warm it, and put the Ginger in it, then tie it very close, and every second morning stir it about roundly, and it will be rock-candied in a very short space.

44 To candy Eringo Roots.

Take of your Eringo Roots ready to be preserved, and weigh them, and to every pound of your roots you must take of the purest sugar you

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you can get, two pound, and clarifie it with the whites of Eggs exceeding well, that it may be as clear as Chrystal ; for then it will be very commendable : it being clarified, you must boyl it to the height of *Manus Christi*, and then dip in your roots, two or three at once, till they be all candied ; and so put them in a stove, and keep them all the year.

45 To make Quince Cakes.

Prepare your Quinces, and take the just weight of them in sugar, beaten finely, and searcing half of it : then of the rest make a syrup, using the ordinary proportion of a pint of water to a pound of sugar : Let your quinces be well beaten, and when the syrup is Candy height, put in your quinces, and boil it to a paste, keeping it with continuall stirring ; then work it up with the beaten sugar which you reserved, and these Cakes will taste wel of the quinces.

46 Cleer Cakes of Quinces or Apricocks.

Take of the best sugar finely beaten and searc'd, one pound to a pound of Quinces or Apricocks : set your sugar upon a chafingdish of coals, and dry it about half an hour ; then cooling it, stir into it a little Musk and Ambergreece, finely beaten and powdered : then pare your Quinces, &c. and boile them in fair water whole, till they be tender (and not

cover-

covering them) for so they will be white: Then take them and scrape off all the Quince to the core into a silver dish, and boil it therein till it grow dry, which you shall perceive by the rising of it up: when it is thus well dried, take it off, let it cool, and strow on the sugar, setting some other to strew it till it be all thorowly wrought in; then lay it out on Glasses, Plates, or Prints (of Flowers or Letters) an inch thick or lesse, as you please.

47 *To dry Apricocks.*

Take them when they are ripe, stone them, and pare off their rinds very thin, then take half as much sugar as they weigh, finely beaten; and lay them with that sugar into a silver or earthen dish, laying first a lay of sugar, then of the Fruit, and let them stand so all night, and in the morning the sugar will be all melted; then put them into a skillet, and boile them apace, scumming them well: and as soon as they grow tender, take them from the fire, and let them stand two dayes in the syrup; then take them out, and lay them on a fine plate, and so dry them in a stove.

48 *The best way to dry Plams.*

Take your Plums when they are full grown (with the stalks on them) but yet green; split them on the one side, and put them in hot water (but not too hot) and so let them stand three

22 *Experiments in Preserving,*

three or four hours : then to a pound of them take three quarters of a pound of sugar, beaten very fine, and eight spoonfuls of water to every pound : set them on hot embers till the sugar be melted, and after that boil them till they be very tender, letting them stand in that syrup three dayes, to plump them : Then take them out, wash the syrup from them in warm water, and wipe them with a fine linnen cloth very dry, and lay them on plates, and set them to dry in a Stove, for if you dry them in an Oven, they will be tough.

49 *To dry Pippins.*

Take half a pound of powder sugar, boil it to a syrup in a pint of fair water, and clarifie it with the white of an egg, then strain it thorow a linnen cloth, and set it on the fire againe in another clean skillet ; while this is doing, pare eight Pippins, cut them in halves and coar them, putting in every half into the syrup as you pare them : and so let them boile (till scumming them) till the syrup be almost all wasted away, within three or four spoonfuls : then take out the Pippins, lay them on plates, and dry them in a Stove.

50 *A way to dry Cherries.*

Take three quarters of a pound of sugar, and a pound of good Cherries, their stalks and stones taken from them ; then put a spoonfull

full of cleane water in the skillet, and so lay one lay of Cherries, and another of sugar, till your quantitie be out: then set them on the fire and boil them as fast as conveniently you can, now and then shaking them about in the skillet for fear of burning: and when you think they are enough and cleer, then take them off the fire, and let them stand till they be half cold, then take them out as cleer from the syrup as you can, and lay them one by one upon sheets of Glasse, setting them either abroad in the Sun, or in a window where the Sun may be continually upon them: If they dry not so fast as you would have them, then in the turning scrape some loaf sugar finely upon them; but add no greater heat then the Sun will afford, which will be sufficient, if they be wel tended: and let no dew fall on them by any means, but in the evenings set them into some warm cupboard.

51 *How to keep Apples, Pears, Quinces, Wardens, &c. all the yeer dry.*

Parc them, take out the coars, and slice them in thin slices, laying them to dry in the Sun in some stone or metalline dishes, or upon an high frame covered with course canvas, now and then turning them, and so they wil keep all the yeer.

52 *How to dry fruits in the Sun.*
If it be small fruit, you must dry them whole,
by

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by laying them abroad in the hot Sun in stone or pewter dishes, on iron or brass pans, turning them as need requires.

53 *To make Quidony of Cherries.*

Take your Cherries while they are red at the stone, pull out the stones, and boil them till they be broken, then strain them thorow a very clean strainer, and take the matter strained forth, boil it again, and giving it in the boiling as much sugar as is sufficient: when you think it thick enough, put it into your boxes.

54 *To make printed Quidony of Quinces.*

Take two pound of Quinces, pared, coared, and cut in small pieces; put them into a clean posnet with a quart of fair water, and when they are boiled tender, put into them one pound of sugar clarified with half a pint of fair water: let them boil till all the Fruit fall to the bottom of the Posnet, then let the liquid substance run thorow a fair linnen cloth into a clean Basin; then put it into a Posnet, and boil it till it come to a jelly, then print it in your moulds, and turn it into your boxes: you shall know when it is ready to print, by rouling on the back of a spoon.

55 *To make Quidony of Pippins.*

Take two pound of Pippins, pare, coar and quarter them, and put them into a quart of fair

faire water, boil them till they begin to break : then put in a pound of Brasile sugar clarified with half a pint of water, and the white of an egge, boile them then till the fruit fall to the bottome, then take it up, draw all the liquid substance from it, as in your Quinces, and boil it in a posnet till it come into a Jellie, trie it on the back of a spoone, and when it is ready to print, put it into your moulds, and when it is cold, turne it off upon wet Trenchers, and put it into boxes.

56 To make Quidony of Raspicer.

Take a quart of red Raspices, put them into a wodden dish, with three spoonfuls of faire water ; bruise them all to pieces with a spoon or a rolling pin, then straine them through a cloth into a faire dish ; season it with halfe a pound of Sugar finely beaten, boile it on a Chafingdish of coals, stirring it till it come to a Jellie ; your trial is on the back of a spoone, as in all other Jellies, and when it is ready for the print, print it, and it will be a very orient colour : you must not put too much water to the Raspices, for they will not abide too much boiling for losing their colour.

57 Colours for fruitage.

Saffron is the best yellow. Sop greene the best green. Indian Lake the best red.

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All your colours must be temper'd with
Gum-water made of Rosewater.

58 To make all kinde of turned work in Fruitage hollow.

Take the strongest bodied sugar you can get, boil it to the height of *Manus Christi*, then take your stone (or rather Pewter) Moulds, being made in three pieces, tie the two great pieces together with inkle, then poure in your sugar being highly boiled; turn it round about your head apace, and so your fruitage will be hollow, whether it be Orange, Lemmon, or whatsoever your mould doth cast: after they be cast, you must colour them after their natural colours.

59 To make Dia Citonicum (as it is called) but rightly Dia Cydonium.

Take four or five very fair Quinces, pare them, quarter them, coar them, and boil them in a Pipkin with a pint of fair water: when they are tender, put to them half a pint of red wine vinegar, and one pound of sugar; let them boil an hour after it, and then let the syrups all run thorow a strainer into a fair posnet, and let it there boil, till it come to a Jelly as thick as Quidony, then put it up into a glasse or gallipot: this is a most speciall Cordial, and comfortable matter for a sick body.

60 To cast all kind of Sugar-works
into Moulds.

Take one pound of Barbary sugar, clarifie it with the white of an egg, boil it til it roule between your finger and your thumb, then cast it into your standing Moulds, being watered two hours before in cold water ; take it out, and gild them, to garnish a March-panc with them at your pleasure.

61 The names and use of your Sugars.

Refined sugar, hard and white, is best for
paste of Genua, and to cast all kinde of Sugar-
works.

Barbary sugar is best to preserve withall.

Brasile sugar white and dry is best to make
Quidony.

62. *The names and prices of Gummés
for sugar-works.*

Buy your Gold at the Gold-beaters: your Gummes and your colours at the Talbot in Newgate Market.

63 *To make Fumbols.*

Of Almonds being beaten to Paste, take half a pound, with a short cake being grated, and two eggs, two ounces of Carroway seeds being beaten, and the juyce of a Lemmon; and being brought into a Paste, roule it into round strings, then cast it into knots, and so bake it in an Oven: and when they are baked, ice them with Rosewater and Sugar, and the white of an egge, being beaten together; then take a feather and gild them, then put them againe into the oven, and let them stand in a little while, and they will be iced clean over with a white ice; and so box them up, and you may keep them all the year.

64 *To make Paste of Carrots.*

Take Carrot roots, boil them, take out of the pith one pound, paring off all the outside, beat the pith in a Mortar, with halfe a pint of Rosewater; then take one pound of Sugar finely beaten, and the yolks of sixteene egges, beat them with the Carrots altogether, then put it in a dish and dry it; and being thus made into paste, put it to what use, or in what fashion you like best.

65. *To make the Macaroones.*

Blanch a pound of the best Almonds, and put them in faire cold water as you blanch them

them, then dry them out of the water in a clean cloth, and beat them in a morter: then take a fawcet full of Rose-water, wherein of musk and Ambergreece half a graine of each is dissolved, and therewith stil prinkle the Almonds as you beat them: and when they are almost beaten enongh, put in by degrees a pound of fine sugar very small beaten, and scarce all but two or three spoonfuls: when they are beaten enough, put them into a dish, and take the whites of three eggs very well beaten, and the froth taken off, put the clear thereof to the Almonds, with a spoonful of fine flower, and the two or three spoonfuls of sugar you left, and the rest of the Rose-water, with the musk and Ambergreece dissolved in it; mix all these very well together in the dish, and lay them upon March-pane Paper the bignesse and fashion of an egge, laying them rough and high: Then put some other Papers under your wafer Paper, for fear of burning; and bake it in a oven hot enough to bake a light oven Pudding, having a care that they scald not.

66 *To make Paste of Almonds.*

Take a pound of small Almonds, blanch them out of hot water into cold, then dry them with a cloth, and beat them in a stone morter till they come to Paste, putting now and then a spoonfull of Rose-water to them to keep them

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from oyling ; when they are beaten to fine Paste, take half a pound of Sugar finely beaten and scarred, put it to your Paste, and beat it til it will twist between your fingeas and your thumb finely without knots , for then it is e-nough : then make thereof Pies, Birds, Fruits, Flowers , or any pretty things printed with Moulds, and so gild them and put them into your Stove, and use them at your pleasure.

67 To make a March-pane.

Take two pound of small Almonds , blanch them, and beat them as you do for your Paste of Almonds : then drive it into a sheet of Paste, and spread it on a bottome of Wa-fers , according to the proportion or bignesse you please ; then set an edge round about it, as you doe about a Tart, and pinch it, if you will : then bake it in a Pan or Oven ; when it is enough, take it forth, and ice it with an ice made of Rosewater and Sugar, as thick as Batter, spread it on with a brush of Bristles, or with feathers , and put it in the Oven again, and when you see the ice rise white and dry, take it forth and stick long Comfits in it, and set up a standard in the midst of it, so gild it and serve it.

68 To make Paste of Violets, or any kinde of Flowers.

Take your flowers, pick them and stamp them

them in an Alabaster Morter ; then steep them two hours in a Sawcer of Rose-water , after strain it, and steep a little Gamme Dragon in the same water ; then beat it to paste, print it in your Moulds, and it will be of the very colour and taste of the Flowers ; then gild them, and so you may have every Flower in his own colour and taste ; better for the mouth then any painted colour.

69 To make the white Paste Royal.

Take halfe a pound of white Barbary sugar, finely beaten and scarred, put it into an Alabaster morter , and therewith a little Gumme Dragon steeped in Rosewater beat it by little and little till it come to a Paste ; when you have beaten it unto a perfect fine paste, print it with your moulds and gild it , and dry it in your stove , set them on white papers , and dry them on a hand-peel before the fire, and when they be through dry, box them and keep them for your pleasure.

70 To make a red Paste royal.

Take halfe a pound of Barbary sugar , finely beaten and scarred , put it into a ston mortar, with a quarter of an ounce of Gumme Dragon steeped in Rose-water ; then strowing a little powder de Rosier on it, beat it to a perfect paste, then print it, gild it, stove it, or otherwise dry it, and keep it at your pleasure.

71 *To make the Paste royal in Spices.*

Take four ounces of double refined sugar beaten and searced, put thereto one ounce of searced Cinnamon, beat it in a stone mortar to paste, then print it with your moulds, and turne some upon sticks to make them shew like Gummes ; they be called in Confectionary, Cinnamon sticks, or Canalonians ; then gild them, and put them into your stove, but draw not out the sticks till they be dry, for else they wil shrinke.

72 *To make Paste of Pippins.*

Take twenty fair smooth skind Pippins, pare them and cut them into quarters, and core them : then boile them in a quart of faire water til they be tender ; then powring the liquos from them, straine them and dry them on a Chafing-dish full of coals, and put as much sugar to them as they weigh, then boile them to the height of *Manus Christi*, and fashion some like plummes, some like leaves, so stove them ; when they are stove one night, you may put two halves of the Plummes together, and put a stone betweene them, and prick a stalk in the end, so may you make some like Plummes with stones and stalks ; some with leaves : (I suppose it should be like leaves) for the Pippin is the best fruit to counterfeit any Plumme.

73 *To*

73 To make Paste of Genua.

Take of quinces two pound, and two pound of Peaches, bake them in a pot in the Oven, then pulp them thorow a hair sieve, dry them on a Chafingdish of coals; then take two pound of sugar, boil it to the height of *Manus Christi*, and put it to your dried pulpe, make it to the fashion of great water leaves, put them into an Oven after the bread is drawne, let it stand all night; in the morning warme the Oven again, and turne your Paste, and put it in again: after that, for the space of three or four daies, set a chafingdish with coals into the oven to it, and when it is thorow dry, box it and keep it all the year.

74 To make Paste of Lemmons.

Take half a dozen of thick rined Lemmons, cut them through the midst, and boil them tender in fair water, then stampe them in a mortar, strain the juyce or pulpe from them, and dry it and put sugar to it, as to the Paste of Genua; then make it into what fashion you will on a sheet of white paper, dry it in an oven, and turne it often for two daies and two nights, for in that time it will be dry e-nough: box it thus up, and it wil endure all the year.

75. *To make Paste of Regia.*

Take halfe a pound of Almonds, blanch them and beat them into fine paste, then take halfe a pound of *Pistacius*, beat it among the Almonds; take the Eawne of a Capon, mince it very small, and beat it with the Almonds and *Pistacius*, put into it the flesh of two Partriges, a dozen of Cock Sparrowes, all which flesh must be well roasted before you take it from the bones; put thereinto also half a pound of Dates thin sliced, a quarter of a pound of the four cold seeds, a quarter of a pound of sugar candy: beat all these together in a morter til it come to be Paste, with the yolkes of two new laid egges, and two or three spoonfuls of Rosewater, then make it up in little Cakes, and bake them on papers: this is an especiall Paste to preserve against the consumption, and to restore him that hath it.

76. *How to make Paste of Goosberries, or Barberries, or English Currans.*

Take any of these tender fruits, and boile them softly on a chafingdish of coales, then strain them with the pap of a rotten apple, then take as much sugar as it weighs, and boile it to a candy height, with as much Rose-water as will melt the sugar, then put in the pap of your fruit

fruit into the hot sugar, and let it boil leisurely till yo: see it reasonable stiff, almost as thick as for Marmelade, then fashion it on a sheet of glaſs, and ſo put it into the Oven upon two billets, that the glaſs may not touch the botome of the Oven, (for if it do, it will make the Paste tough) and ſo let it dry leisurely; and when it is dry, you may box it, and keep it all the year.

77. *To make an excellent Marmelade.*

Of sugar take a pound and a halfe, boile it with a pint of faire water til it come to the height of *Manys Christi*, then take three or four ſmall Quinces, one good Orange pill, both very well preserv'd and finely beaten, and three ounces of Almonds blanched and beaten by themſelves, Erringo roots paſtred two ounces and an halfe; ſtir theſe with the ſugar till it wil not ſtick, and then at laſt put in of Musk and Amber diſſolved in Roſe-water, of each four graines, of Cinnamon, Ginger, Cloves and Mace, of each three drams, of oyle of Cinnamon two drops: Theſe being done, put it into your Marmelade boxes, and ſo preſent it to whom you pleafe.

78. *Marmelade of Quinces.*

Take of the faireſt Quinces, waſh them ver-ry cleane, grate them very ſmall, wring out as much juice as you can, then take other Quin-ces.

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ces, and cut them in six pieces, put them into a pot, let them be vapoured with hot water, un-till they be throughly mellow; then take halfe a pot ful of the former juyce, and poure it upon the former stewed and cut pieces, breake it well together; and put the rest of the juice amongst it, wring it through a thin cloth, until it be cleare: of this juice shall you not seethe more at once, then to fill a box therewith, and put white sugar unto it, as much as you please.

79 *To make Marmelade of Lemmons and Oranges.*

Boile ten Lemmons or Oranges with half a dozen Pippins, and so draw them thorow a strainer; then take so much sugar as the pulpe will weigh, and boil it as you do Marmelade of Quinces, and then box it up.

80 *To make Almond Bisket.*

Steep one pound of Almonds so long in cold water, till they will blanch, then put them in Rosewater, and beate them in so much Rosewater as will keepe them from growing to an oyly, and no more: take one pound of sugar beaten very fine, and sifted thorow a searce: take the whites of six Egges, beate them to a froth, as you use to doe for other Bisket, with a spoonfull of fine flower: set the Almonds and sugar on a soft charcole fire, let them

them boile together till they be very thick, and so let them stand til they be almost cold, then beat the Egges and that together, put in a little Muske for the better taste, if you please, then lay them upon Papers in what proportion you will, and dry them in an Oven with a flacke fire.

81. *How to make the fine Bisket Bread,
called in some places Norffe-cakes,
and commonly Diet-bread.*

Take halfe a peck of Wheat flower, halfe a pound of sugar beaten in fine powder, a good handfull of Annis seeds rubbed, dusted, and made in fine powder, a competent spoonefull of Salt, one pound and a halfe of Butter: mixe all these (thus prepared) together: Then take a Porringer full of light Ale yeift, and as much of good sweete Creame, made luke warme, or somewhat hotter: but first take heed your yeift be sweete, then take the yolkes of six egges; work all these together into Dough, then lay it warme to rise, while the oven is heating: mould them into what forme you will, but let not the rolls in dough be bigger then your little finger: then put them into the oven well and cleane swept, but not too hot, for a little heate wil bake them: when they are baked, let them stand till the oven be little more then lukewarmer, and then take them out.

them out till they be thorow cold, and put them in againe to dry the space of an houre or more; so may you keepe them halfe a yeaer, or longer: and if they chance through moist standing, or weather, to waxe soft, give them a drying for an houre in an Oven, that hath stooode an houre after a batch of Bread.

82. *The best receis for Bisket Bread.*

Take all the yolkes, and halfe the whites of sixteene egges, beat them well together; then put to them a pound of the fincit wheat flower, as much of the best loafe sugar, very finely beaten and scarced, with a quarter of a pint of Rose water, and halfe a quarter of a pint of Sack, (if you please) beating them thus compouned together about two houres, very well, then strawing upon it two spoonfulls of Coriander-seede, and as much Annis-seed finely beaten, and then working them well into Paste, bake it in boxes or upon plates well buttered, keeping a little Sugar in a piece of Cobweb Lawne, to scarce upon it, and ice it. If you make for some Physical use, then use the Sack, and put in a quarter of a pound of Annis-seede, and as much Liquorice beaten into fine powder.

83. *How to make Comfit makers Bisket.*

Of flower take a peck, and four ounces of Coriander seed, one ounce of Annisseed; take three egges

egges, three spoonfuls of Ale yeſt, and as much warm water as wil make it as thick as paſte for Manchers ; make it in a long rowle, and bake it in an oven one houre ; and when it is a day old, pare it, and ſlice it, ſugar it with ſearched ſugar, and put it againe in the Oven ; and when it is dry, take it out, and new ſugar it againe, and box it and keep it.

84. *To make Manus Chrifti.*

Of refined ſugar take halfe a pound, and ſome Roſe-water, and boile them together til it come to a ſugar againe : then stir it about while it be ſomewhat cold ; then take your leaf-gold and mingle with it ; then caſt it according to Art, that is in round gobbeſ, and ſo keepe them.

85. *The Syrup of Violets.*

Take faire water, boile it, ſcummme it, and to every ounce of it to boiled and ſcummmed, take ſix ounces of the bluc of Violets onely : ſhift them as before nine times, and the laſt time take nine ounces of Violets, let them ſtand betweene times of ſhifting twelve houres: keeping the liquor ſtill on hot embers, that it may be milke warme, and no warmer, after the firſt ſhifting : you muſt ſtamp and ſtrain your laſt nine ounces of Violets, and put in onely the juyce of them; then take to every pint of this liquor thus prepared, one pound of ſugar finely

ly beaten, boile it, and keepe it with stirring till the sugar be all melted, which if you can, let be done before it boile, and then boile it up with a quick fire. This doth coole and open in a burning Ague, being dissolved in Almond milk, and taken: especially it is good for any inflammation in children; the conserves are of the same effect.

86 *Syrup of Century.*

Take flowers and greene leaves of Century, and boile them in a good quantity of faire water, being first boiled, and well scummed before the Century come in: when you thinke it is boiled enough, set it upon hot Embers for twelve hours, shitting it again and again, till you think it be strong enough of the Century, then take to every pint of the liquor thus boiled, a pound of sugar, and so boile it up. It cleanseth the stomack, killeth Worms, Agues, and the green Sicknesse: it must be taken in the morning with Mace Ale.

87 *Syrup Greifa, or Syrup of unripe Grapes.*

Take a good Basket full of unripe Grapes, set them three daies in a vessel after they be gathered, stampe them, and strain out the juyce of them, take thereof six quarts, boile it with a soft fire, till the third part be consumed, then fourte quarts will remaine: Let that run thorow

thorow a Wollen bag, and stand till it be cleere in it selfe, then take of the clearest of it seven pints, put thereto five pound of clarified sugar; boyl them together to the thicknesse of a syrup, and keepe it in a glasse. It is good for a per-breaking stomack proceeding of Choler, and for a swelling Stomack; it taketh away thirst and drynesse, and Cholerick Agues. It is a great comfort to the stomack of women bearing with child; it is a preservative against all manner of venome, and against the Pestilence.

88 Syrup if Roser.

Take Damaske Roses, .clip off the white of them, and take six ounces of them to every pinte of fair water, first wel boiled and scummed: let them stand so as abovesaid, twelve hours, as you did in the syrup of Violets, wringing out the Roses, and putting in new eight times, then wringing out the last, put in only the juyce of four ounces of Roses: so make it up as before. If you will put in Rubarbe, take to every pint two drachms, slice it, string it on a thred, hang it within the pot after the first shifting, and let it infuse within your Roses. Some use to boile the Rubarbe in the Syrup, but it is dangerous. This syrup purgeth Choler and Melancholy.

89. *Syrup of Wormwood.*

Take halfe a pound of Wormwood leaves, of red Roses two ounces, of Spikenard three drams, of old and well relish white wine two ounces, juyce of Quinces two pound and a halfe. Let all these stand a day and a night in a stone pot, then let them boile softly to the one halfe, so let it coole, straine it, and clarifie it with the white of an egge: then put to it two pound of good English honey, and let them boile a little together; then strain out the liquor, and with sugar boile it up to a syrup.

90. *Syrup of Cowslips.*

In stead of running water, you must take the distilled water of Cowslips, put thereto your Cowslip flowers cleane picked, and the greene knobs in the bottome cut off: and therewith boile up a Syrup, as in the Syrup of Roses is shewed. It is good against the Frenzie, comforting and staying the head in all hot Agues &c. It is good against the Palsie, and procures a sick Patient to sleepe: it must be taken in Almond Milke, or some other warme thing.

91. *Syrup of Borage and Bugloss.*

Syrup of Borage and Bugloss are made in
the

the same sort, they cool, open and comfort the body

92. *Syrup of Calemint.*

Doch war me and comfort the stomach : it is made *ut supra.*

93. *Syrup of Scabious.*

Syrup of Scabious is made of the juyce of the herbe, strained and clarified as the juyce of Fole-foot : and the flowers infused or steeped, shifted and boiled up as of Roses. It cleanseth the brest and lungs, cureth an old cough and impostumes of the brest, and of all other inward parts, cleansing, ripening and healing the same.

94 *To make Syrup of Saffron.*

Take a pint of Enaive water, two ounces of Saffron finely beaten, and steepe it therein all night ; the next day seeth it, and strain out the Saffron ; then with sugar boile it up to a Syrup.

95 *Syrup of Fole-foot or Colts-foot.*

Take the leaves of Fole-foot, wash them very faire, and wjpe them with a cleane linnen cloth leaf by leaf : then lay them on a cleane cloth to dry, till all the wet be off them : then beate them in a morter, and put them into a Strainer, and wring out all the juyce you can
out

out of them, and put it into Glasses, and let it stand in them to settle all night; the next day pour out the clearest of the juice from the Grounds into a faire Basin, and taking for every pint thereof a pound of sugar finely beaten, boil the juice of Folefoot softly on a Charcole fire, and when you have well scummed it, put in the sugar according to his proportion: and so let them boile together, keeping it with due scumming, until (to see when it is enough) it will stand on a stiffe purle when you drop some of it upon a Plate of silver, or a Sawcer: then take it from the fire, pour it thorow a Jellie bag into a clean basin, putting first a branch or two of Rosemarie into the bags bottome, then keepe it stirring with a spoone, till it be lukewarme, for else it will have a Creame upon it: So letting it stand all night in the basin well covered, the next day put it into such glasses as you mean to keep it in It is good to open the brest, and Lungs, and cureth old Coughes,

96 *To make Syrup of Pomecitrions.*

Take Pomecitrions and cut them in halves, and juice them; but beware you wring them not too hard lest it be slimy: and take to every pint of juice three quarters of a pound of refined sugar, and boile it in an earthen pipkin till it come to the height of a syrup, and take heed in any case that you boil it not on too hot

a fire, lest it burne : and then when it is boiled enough , put it up and keepe it all the year.

97 A Syrup against Melancholy
mors, especially where there is
wind in the stomach.

To make this syrup , 'tis necessary to be expert in the Art ; for it must be made with great diligence.

Take water of Fumetory, of Hops, of Wormwood, of Maidenhaire , of each five pound : Herewith make a decoction, with these following ingredients. Take *Pollipodium* of the Oak, one pound, Sine leaves , *Episimum*, ana four ounces, Cordiall flowers two handfuls, Maidenhaire one handfull, Liquoris, Cinnamon, Raisins, of each two ounces, of the four cold seeds two ounces ; make thereof a decoction according to art , and straine it ; then take foure pound of that Decoction , and put thereto the juice of Borrage , of Bugloss, and Hoppes , of each two ounces ; common Honie six ounces : then with white sugar make a syrup in good form , and aromatize it with muske and amber , putting thereunto one ounce of *Plyris* without musk , and then it is made.

The dose is from three to four ounces in the morning warme, and fast thereupon at least three

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three or four houres ; for this purgeth marvel- lously the melancholy humours , and all other gross humours , and dissolveth wind, and com- forteth the heart.

98 Syrup of Wormwood simple

Take of the clarified juice of common Wormwood, and clarified sugar, of each four pound ; make it into a syrup according to Art.

After the same manner are prepared sim- ple syrups of Betonic, Borage, Bugloss, **Caius**, Camomel, Succorie, Endive, Hedg- mustard, Strawberries, Fumetoric, Ground- ivie, St. Johns wort, Hops, Mercurie, Mou- ear, Plantane, Apples, Purflaine, Raspberries, Sage, Scabious, Scordium, Hoyleek, Colts- foote, **Paul's** Batonic, and other juices not sownie.

99 Syrup of Marsh-mallowes.

Take of roots of Marsh-mallowes two oun- ces ; the roots of grass Sparagus, Liquoris, Rai- sins of the Sun stoned, of each halfe an ounce ; the tops of mallo-wes, marsh-mallowes, pellitory of the wall, burnet, plantane, maidenhair white and black, of each an handful ; red cicers an ounce ; of the four greater and four lesser cold seeds, of each three drams ; boile them in six pound of cleare water, till four remaine, which being strained, boile into a syrup with

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with foure pound of white Sugar.

100 *Syrup of Rhadishes.*

Take of garden and wilde Rhadish roots, of each an ounce ; the roots of white Saxifrage, Lovage, B:uscus, Eringo, R:st harrow, Parsly, Fennel, of each halfe an ounce ; the leaves of Betonie, Burnet, Penniroial, Nettles, Watercresses, Sampier, Maidenhair, of each an handful ; winter Cherries, Jujubes, of each ten ; the seeds of Bazil, Bar, Parsly of Macedonia, Hartwort, Caraway, Carrots, Gromwel, the bark of the root of Bay-tree, of each two drachms, Raisons of the sun stoned, Liquoris, of each six drachms ; boile them in twelve pound of water to eight, straine it, and with four pound of sugar, and two pound of hony, make it into a Syrup, and perfume it with an ounce of Cinnamon, and half an ounce of Nutmegs.

101 *Syrup of Poppies.*

Take of the heads of both white and black Poppies, seeds and all, of each 50 drachms, Maidenhaire fifteen drachms, Liquoris five drachms, Jujubes thirty by number, Lettice seed forty drachms ; of the seeds of Mallowes and Quinces (tied up in a thin linnen cloth) of each one drachm and a halfe, boile these in eight pints of water til five pints be consumed, when you have strained out the three pints remaining

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maining, adde to them Penides and white sugar of each a pound ; boile them into a syrup according to Art.

102 *Hony of Rosemary flowers.*

Take of Rosemary flowers a pound, clarified hony three pound, mix them in a glasse with a narrow mouth, set them in the Sun, and keep them for use.

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*Experiments in
PHYSICK & CHIRURGERY,
Distillations, VVaters,
and Oyles.
Their Vertues and Uses.*

1 Doctor Stevens his Water.



Ake a Gallon of Gascoin wine
of Ginger, Gallingal, Cinnam-
mon, Graines, Cloves, Mace,
Nutmegs, Annis-seeds, Car-
away-seed, Coriander-seed,
Fennel-seed and sugar, of eve-
ry one a dram, then take of Sack and Ale a
quart apiece, of Camomill, Sage, Mint, red
Roses, Time, Pelliitory of the wall, wild Marjo-
ram, wilde Time, Lavender, Peneroyal, Fen-
nel roots, Parsley roots, and Setwall roots, of
each half a handfull: Then beate the spice
small, and bruise the herbs, and put them all
together into the wine, and so let it stand six-
teen hours, stirring it now and then: Then
distill it in a Limbeck with a soft fire, and keep

the first pint of the water by it selfe, for it is the best ; and the rest by it self, for it is not so good as the first. The principal use of this water, is against all cold diseases, it preserveth youth, comforteth the stomack, cureth the stone of what nature soever, using but two spoonfuls in seven daies. It preserved Doctor Stevens ten yeares bed-red, that he lived to ninety eight years.

2 *To make Cinnamon water.*

Of the best Cinnamon you can get, take one pound ; bruise it well, and put it into a gallon of the best Sack, and infuse it three daies and three nights , and then distil it as your *Aqua Calestis.*

3 *Angelica water.*

Of Cardus take and dry a handful, Angelica roots three ounces, of Myrrhe one drachm, Nutmegs halfe an ounce ; Cinnamon, Ginger of each four ounces, Saffron one drachm and a halfe. Cardomons, Cubebes, Gallingale and Pepper, of each a quarter of an ounce , Mace two drachms, Grains one drachm ; Lignum-Aloes, Spikenard, *Fucus odoratus*, of each a drachme ; Sage, Borage, Bugloss, Violets, and Rosemary flowers, of each halfe a handful : bruise these , and steepe them in a pottle of Sack twelve hours, and distil it as the rest.

4 *Aqua*

4 *Aqua Mirabilis.*

Take three pints of White wine, one pint of *Aqua vita*, one pint of juyce of Salendine, one drachm of Cardamer, a drachm of Melliot flowers, Cubebes a drachm, of Galingale, Nutmegs, Cloves, Mace and Ginger, of each a drachm; mingle all these together over night, the next morning set them a stilling in a glass Limbeck.

5 *The Vertues.*

This water dissolveth swelling of the Lungs, and being perished, doth help & comfort them; it suffereth not the blood to putrifie; he shall not neede to be let blood that useth this water; it suffereth not the heartburning, nor melancholly or flegme to have dominion; it expelleth Urine, and profiteth the stomack; it preserveth a good colour, the vissage, memory, and youth; it destroyes the Palsie. Take some three spoonfuls of it once or twice a week, or ofter, morning and evening, first and last.

5 *Balme mater.*

Take Balm, dry three ounces, Thyme, Pennyroyal, of each an ounce, Cinnamon four ounces, a drachm of *Cardamomus*, grains half an ounce, sweet Fennel seeds an ounce, Nutmegs and Ginger, of each a dram, Galingale one ounce, Calamus, Cypress, Cubebes and Pepper, of each two drachms, of Caper-roots half a drachm, of *Dipsamius* one drachm: bruise these things, and

put them to a pottle of Sack, and steep them 24 hours, and then use it as the former waters.

6. *Another Balm Water.*

Take a gallon and a quart of Sack, put to it Annis seed and Fennel seed of each one pound, Liquorice scraped and bruised a quarter of a pound, of Coriander seed corrected, and Caraway seed, of each as much; Cowslip flowers clipt from the whites, and Rosemary flowers well pickt, of each one pound; of red Mints, wilde Time, of each a good handful, and of Balm 2 pound: steep all these first in the Sack 4 hours, in the brasie pot wherein they shall be distilled, and then distil them in a Limbeck.

7 *A Barly water, to purge the Lungs and Lightes of all diseases.*

Take half a pound of fair Barley, a gallon of running water, Liquorice half an ounce, Fennel seed, Violet leaves, Parselie seed, of each one quarter of an ounce, red Roses as much, of Hop and Sage dried, a good quantity of either, of Harts tongue twelve leaves, a quarter of a pound of Figs, and as many Raisins; stille the Figs and Raisins, put them all into a new earthen pot, with the water cold, let them seeth well, and then strain the clearest from it, drink of this a good quantity, morning and afternoon, observing good diet upon

upon it ; it taketh away all Agues that come of heat, and all ill heat : it purgeth the Lights, Spleen, Kidnys and Bladder.

8 *A water for a sore Mouth.*

Take of Sage, Rosemary, and Woodbine leaves a like quantity, *viz.* a handful and half of either, boyl them in a quart of running water, with as much of the best Allom as an Egg, and let them boyl to a pint, then put in a pint of white Wine, and let them boyl again and so soon as it boileth, take it off the fire, and let it cool, and then put it up in a glass, and therewith wash your mouth morning, evening and at night, and other times as cause requires, till it be well.

9 *Another for the same use.*

White wine, and fair water, of each a quart; wine Vinegar a pint, red Sage a good quantity, Mercury two pennisworth. Roch Allom half an ounce, Rosemary an handfull, Woodbine leaves somewhat more, and 3 spoonfulls of Honey ; seeth them together, and wash your mouth therewith.

10 *A Water for a sore Mouth, Legs, or any other places.*

Take of Woodbine leaves, Ribwort, Plain-tain, Abintz of each an handfull ; English Honey purified three spoonfulls,

D 5

Roch

Roche Allorne a quantite; put all these into a quantity of running water, and let it seeth to pottle, or lesse; then keepe the water in a pure earthen vessel well glased, and wash the sore therewith twice a day.

11 *An excellent water for several diseases.*

Take Cloyes, Cinnamon, of each an ounce, Mastick, Mace, Camphire, of each two ounces, beate all these to fine powder, and let them stand in six spoonfuls of good white wine vinegar, the space of foure and twenty houres, then put it into a pottle of good Rosewater, and let it stand two daies in some warme place, and then put thereto three quarters of a pound of good hard sugar, and distil it with a gentle fire. It is good for the mouth, scoureth the pallate; it keepeth the teeth white, and free from corruption, it cleareth the hands and face, being washed therewith.

12 *An approved water for the eyes.*

Take a new laid egge, and roast it hard, then cut the shell in the midft, and take forth the yolke of it, and put some white Coporas where the yolke lay, then bind the egge together againe, and let it lie untill it begin to be a water; then take the white forth from both sides of the egg, and put the same into a glasse of faire running water, and so let it stand a while, and

and straine it through a fair linnen cloth, and keepe it close stopped in a glaſs, and therewith wash your eyes both morniuing and ev-ning.

13 *A rare water to avoid gravel in urine.*

Take the seede of ſmal Lemmons, the ſeede of Oranges, one pound of Saxifrage, ſix pound of Balme, Scolopendria, Pellitory of the wall, Sparagus, Criioni, Hop, Fennel roots, parfley roots, of each ſix ounces, ſtamp them all together, and make them in forme of a liquid unguent with the juice of Lemmons: diſtill it in a common Tin ſtillatory luted, keep the water in a glaſſe ſtopp: the body muſt first be purged of crude humours, then take every morning and evening ſix ounces warme: uſe a diet, and reſtraine moist and cold meates, and this water wil help the aforesaid griefes.

14 *Rois folis.*

Take of Liquorice 8 ounces, Annis-seeds, Carraway, of each an ounce; Raisins ſtoned, Dates, of each three ounces; Nutmegs, Cinnamon, Ginger and Mace, of each haſt an ounce, Galingale a quarter of an ounce, Cubebes a drachm, Figs two ounces, Sugar four ounces; bruife theſe, and diſtill it with a gallon of *Aqua vita*, as the reſt: but when it is diſtilled, you muſt colour it with the herb *Rosa folis*, or elſe Alkanet root.

15 *Worm-*

15 Wormwood water.

Take of Wormwood two ounces and a half, Sage Bittony, and Rue, of each half a handfull, Rosemary-tops a handfull; Cinammon 3 ounces, Nutmegs half an ounce, Cloves and Mace of each half a drachm, Ginger one ounce, Galangale, Cubebs and Spikenard, of each a drachm and a half, of *Scordium* half an handfull, bruise these, and put them in a pottle of Sack, and a pint of *Aqua vita*, and steep them 24 hours, and distill them as the rest.

16 *Aqua Fortis.*

Take of Vitriol prepared as for oyl of Vitriol two pound, Salt Peter purged one pound; beat them together, and put them in a Retort well luted, place it in a furnace with a large receiver, and giving fire to it, distill it by degrees for 24 hours, rectifie the water in sand.

17 Water of Snails.

Take of the juyce of ground Ivy, Colrs foot, Scabious, Lungwort, of each one pound and a half, the juyce of Purflain, Plantane, *Ambrosia*, Pauls Betony, of each a pound; Hogs blood, white Wine, of each four pound; Garden snails two pound; dried Tobacco leaves eight; powder of Liquorice two ounces, Alacampane half an ounce, of Orris an ouunce, Cotton seeds an ounce

ounce and half, the greater cold seeds, Annise-seeds, of each six drachms: Saffron one drachm; the flowers of red Roses six pugils, of Violets and Borage, of each four pugils; steep them three days warm, and then distill them in a glass Still in sand.

18 *An exccellent water against the stone in the Kidnies.*

Take of the middle rind of the root of Ash bruised two pound, Juniper Berries bruised three pound, Venice Turpentine that is very pure two pound and a half, put these into 12 pints of spring-water, in a glaiss Vessel well closed, and there let them putrifie in Horse dung for the space of three months; then distill them in ashes, and there will come forth an oil and a water, separate the one from the other: Ten or twelve drops of this oil being taken every morning in four or six spoonfulls of the said water, dissolves the gravel and stone in the Kidnies most wonderfully.

19 *A Water for outward or inward Wounds, Impostumes, and Ulcers, and a sore Mouth.*

Take Plantain, Ribwort, Bone-wort, wild Angelica, red Mints, Betony, Egrimony, Sannacle, Blue-bottles, White-bottles, *Scabious*, Dandelion, Avens, Honey-suckle leaves, Bramble buds, Hawthorn buds and leaves; Mugwort,

wort, Daisie roots, leaves and flowers; Wormwood, Southernwood, of each one handful. Boile all these in a pottle of white wine, and as much spring water, till one half be wasted, and when it is thus boiled, straine it from the herbs, and put to it halfe a pound of hony, and let it boile a little after, and put it into bottles, and keepe it for your use.

Note that these Herbs must be gathered in *May* only; but you may keep them dry, and make your water at any time.

If the wound be inward, thre or four spoonfuls morning and evening, wil in a short time ease and cure, if not too far gone, as almost nothing can recover the Patient.

If outward, it must be washed therewith, and linnen clothes wet in the same applyed thereto.

20 *A very Excellent Water against Wormes.*

Take of Wormseed bruised eight ounces, the shavings of Harts-horne two ounces, of Peach flowers dried an ounce, of Aloes bruised halfe an ounce, pour on these the water of Tansie Rue, Peach flowers, and of wormwood, of each a pint and a halfe, let them (being put into a glass vessel) be digested the space of three daies, then distil them; colobome this water three times.

This water may be given from half an ounce to three ounces, according to the age of the Patient.

21 *An*

21 *An excellent sweet Water.*

Take a quart of Orange flower water, as much Rosewater, add thereto of Musk million seeds grossly bruised four ounces, of Benjamin two ounces, of Storax an ounce, of *Libdanum* six drachms, of Lavender flowers, and sweete Marjoram, of each two pugils, of *Calamus Aromaticus* a drachm, distill all these in a glasse Still in *Balneo*, the vessels being very well closed, that no vapour breath forth.

But upon urgent or sudden occasion, you may make a sweete water in an instant, by putting a few drops of some distilled oyles together into some Rosewater, and brewing them wel together.

22 *How to make artificial Tunbridge Water.*

This water proceeding from an Iron Mine, (as it is granted by all) is thus made : Take of the Mine or Ore of Iron, beat it very small, and put it into the Furnace expressed in p. 83. of *Jean French his Art of Distillation* ; and there will come forth acid spirit and flowers, which you must mix together, till the acid spirit extracts the salt out of the flowers ; then decant off the cleare liquor, which will have a strong taste and smel of Iron.

A few drops of this liquor put into a glasse full of fountaine water, give it the odour and taste

taste of Tunbridg water, and communicates the same operation to it.

It opens obstructions, purgeth by Urine, cleanseth the Kidnies and Bladder, helps pissing of blood, and difficulty of making water, it allayeth all sharp humours, cureth inward Ulcers and Impostumes, cleanseth and strengtheneth the Stomack and Liver, &c.

The dose is from one pint to six, but by degrees. Use moderate exercise after taking it, and fast seven or eight hours, til the water be gone out of the body.

33 How to make artificial Epsome water.

Take of the mine of Allome, or Allome stones, powder it very small, and distil it in the furnace expressed in page 83. of *John French his Art of Distillations*, and there wil distil over a certaine acid alluminish water, which must be mixed with a double quantity of Nitre-water. For Epsome water hath a certain kind of acid taste, which is partly nitrous, and partly alluminous, which proceedeth from nitrous air, and vapours arising from the fermentation of alluminous mines, being first mixed together, and then mixed with the fountains passing through the earth.

A few drops of this water put into a glasse full of fountaine water, will give it the odour and taste of Epsome water, so that the smell or

or operation will scarcely be discerned from it.

This water purgeth sharp burning humors, cools an inflamed, and opens and obstructed body, cleanseth the Kidnies and Bladder, curreth inward Ulcers and Impotumes, and is a very good preservative against the Consumption, &c.

Fountaine water made acid with this liquor, may be taken from one to six pints: after it use moderate exercise, and fast till the water be out of the body. Onely some thin warme suppings may be taken to helpe its working; Some take this water warm.

24 *Spirits of Confection of Alkermes,
its Vertues.*

It is an excellent comforter of the Spirits, vital, natural, and animal, in weake and delicate persons, and against all trembling, pensiveness, and sudden qualms of the heart.

25 *Spirits of Saffron, its vertues.*

It is good to comfort the vital Spirits against passions, trembling, and pensiveness of the heart, and helpeth all malignity oppressing it, and expelleth winde; suppresseth fumes which arise from the spleene, and go up to the head, and openeth the obstructions of it. It is excellent against all Melancholy; and very good for

for women in travel, for it comforteth and hasteneth delivery.

The dose is morning and evening one spoonful for three daies together.

26 *Extrall of Ambergreece.*

Take a dram of Ambergreece, grind it very small on a Painters stone, then put it into a bolt head, then take of the best spirit of Wine, either Canary or Malago Sack halfe a pound, spirit of Clary two ounces, mingle them together well, and poure of the Menstrua one pint to this proportion of Amber, set them to digest in a gentle Balneo, about eight hours, shaking it together three or four times; then take it out, and being cold, poure it forth, and put almost as much more of the mixed spirits, digested as before in a gentle heat by Balneo, then put it forth to the first extracted; and adde half as much more spirits the third time, and digest it againe: and then have you extracted all the special part of the Amber, and leave nothing but a black dead earth of no value. Then take a pinte of the spirit of what herbe you wil use, and dissolve therein one pound of pure white sugar candy, or at the least twelve ounces, very finely powdered and searced thorow a fine searcer, for the specier resolution thereof: It is best to dissolve it cold. This dissolution must be twice filtered thorow a thin

cap

cap paper, to make it very perfect cleare ; then take three parts of this dulcified spirit to one of your extract of Amber drawne with spirit of wine ; then shake them well together, and let them stand in a square glasse very close stopped, until it shall be perfectly clear : one dram of this extraction of Amber will serve to dulcifie and make fit two quarts of the spirit of Mints, or Clary, or the like, and give it a most excellent taste, and efficacious vertues.

27 *Spirit and water of Wormwood, the lesser Composition.*

Take of the leaves of dried Wormwood two pound, Annis-seeds halfe a pound ; steepe them in six gallons of small wines 24 hours, then distil them in an Allembick, adding to every pound of the distilled water two ounces of the best sugar.

Let the two first pound you draw out be called *Spirit of Wormwood* ; those which follow *Wormwood water the lesser composition.*

28 *Spirit and water of Wormwood, the greater Composition.*

Take of common and Roman Wormwood of each a pound ; Sage, Mints, Bawme, of each two handfuls ; the roots of Gallanga, Gin-

Ginger, *Calamus-aromaticus*, Alacampane, of each three drachms, Liquoris one ounce, Raisins of the Sun stoned three dances. Aniseedes and sweete fennel seeds, of each three drachms; Cinnamon, Cloves, Nutmegs, of each two drachms; Cardamons, Cubebes, of each one drachm: Let the things be cut that are to be cut, and the things bruised that are to be bruised; all of them infused in 24 pints of Spanish Wines for 24 hours; then distilled in an Allembick, adding two ounces of white sugar to every pint of distilled waters.

Let the first pint be called Spirit of Wormwood, the greater Composition.

29 *Spirit and water of Angelica.*

Take of the leaves of Angelica eight ounces, of *Carduus Benedictus* six ounces, of Bawm and Sage of each four ounces, Angelica seeds six ounces, sweet fennel seedes nine ounces: Let the herbs (being dried) and the seedes be grossly bruised; to which add of the splices called *Aromaticum Rosatum*, and of the splices cal'd *Dianoscha Dulce*, of each an ounce and a halfe; infuse them two daies in thirty two pints of Spanish wine, then distil them with a gentle fire; and with every pound mix two ounces of sugar dissolved in Roicwater. Let the three first pound be called by the name of Spirit, the rest by the name of Water.

30 *Spirit of Wine extraordinary.*

Take the fincit paper you can get, or else some virgin parchment, strain it very right and stiffe over the glafs body wherein you put your Sack, Malmie or Muscadine ; cyl the paper, or virgin parchment with a pensil moistned in the oyle of Ben, and distil it in Balneo with a gentle fire, and by this meaneſ you ſhal purchase only the true ſpirit of wine. You ſhal not have above two or three ounces at the moſt out of a gallon of wine; which ascendeth in the form of a cloud without any dew or veins in the helme : Lute all the joynts wel in this diſtillation. This ſpirit wil vaniſh in the air, if the glaſſe ſtand o- pen.

31 *Quinteffence of Snakes, Adders, or Vipers.*

Take of the biggest and faireſt Snakes, Adders or Vipers which you can get in June or July, cut off their heads, take off their ſkins, and unbowel them, then cut them into ſmal pieces, and put them into a glaſſe of a wide mouth, and ſet them in a warme Bal- neo that they may be wel dried, which they wil be done in three or four dayes ; then take them out and put them into a bolt head, and pour on them of the beſt alcolized Wine, as much as wil cover them ſix or eight fingers breadth

breadth; stop the glasse hermetically, and digest them fifteen daies in *Balneo*, or so long, till the Wine be sufficiently covered, which pour forth; then pour on more of the foresaid spirit of wine, till all the quintessence be extracted: Then put all the tinged spirits together, and draw off the spirit in a gentle *Balneo*, til it be thick at the bottome; on this pour the spirit of Wine caryophilated, and stir them well together, and digest them in a Circulatory ten daies; then abstract the spirit of wine, and the quintessence remaineth at the bottome perfect.

This quintessence is of extraordinary vertue to purifie the blood, flesh, and skin, and consequently all diseases therein. It cures the falling sickness, strengthens the braine, sight, and hearing; and preserveth from gray haires, reneweth youth, preserveth woman from Abortion; cureth the Gout, Consumption, causeth sweat, is very good in, and against pestilential infections.

32 *A liquor against the tooth Ach.*

Take of oyle of Cloves well rectified halfe an ounce, in it dissolve halfe a drachm of Camphire; adde to them of the Spirit of Turpentine four times rectified (in which halfe a drachme of Opium hath beene infused) halfe an ounce. A drop or two of this liquor put into a hollow tooth with some lint,

lint, easeth the tooth-ach presently.

33 *A Liquor to comfort smelling, and
preserve the head.*

Take *Lignum aloes* two ounces, *Annis-seede* four ounces, *Calamus aromaticus* one ounce, *Calamint* dried three ounces, common honey two pound, strong white wine twelve pound, let all these be infused for four dayes, and then distil it in *Balnco*; and when you distil it, put into the Receiver six graines of *Muske* dissolved in two ounces of Rosewater, and distil away but three pound, the which keepe in a glasse close stopped; and when you will comfort the smelling, wash the face and beard therewith, and you shall smell a favour of marvellous effect, which comforteth nature marvelously; it comforteth the stomack, and helpes a stinking breath; it helpeth the mouth being ulcerated, and those that have the rupture in short time, if you wash it twice a day therewith; it helpeth also women that are troubled with descension of the Matrix; if you wet a cloth in it and lay it upon the mother, in short space it restores great health. Also it helpeth those that are troubled with the Meagrum, or paines in the head, coming of cold or winde; if you wash the head with the said liquor, it presently giveth ease. It hath divers other vertues, which I will not now recite.

34 To make an Antimonial cup, and to cast divers figures of Antimony.

Take the best crude Antimony very wel powdered, Nitre, of each a pound ; of crude Tartar finely powdered two pound, mix them wel together, and put them into a crucible ; cover the crucible, and melt them, and the Regulus wil fal to the bottome, and be like a melted metal : then pour it forth into a brasie morter, being first smeared over with oyl.

This Regulus (when you have made enough) you may melt again and cast it into what mould you please : You may cast it into the formes of shillings, or half crowns ; either of which if you put into two or three ounces of Wine in an earthen glazed vessel, or glasse, and infuse in a moderate heat all night, you may have a liquor in the morning which wil cause vomit ; of which the dose is from two drachms, to two ounces and half.

You may put a little Cinamon into the wine, to correct and give a grateful relish to it.

It is the custom to fil the Antimonial c: p with wine, and to put as much wine round about betwixt that and the little earthen cup where it stands, and so infuse it all night, and then drink up all that wine ; but I fear that so much wine wil be too much, as being three or foure ounces, when as we seldom exceed the quantity of

of two ounces of the infusion of Antimony.

These cups or pieces wil last for ever, and be as effectual after 1000 times infusion, as at first: and if they be broken at any time, (as easily they may, being as brittle as glass) they may be cast again into what forms you please.

Note, that he that casts them must be skilful in making his spawde, as also in scouring them, and making them bright afterwards: for if they be carefully handled, they wil look even as bright as silver.

35 *How to make the true spirit of Antimony.*

Take of the subtil powder of the Regulus of Antimony, as much as you please; sublime it out of it self, till it wil sublime no more (stil putting what is sublimed to that which remains at the bottom) or with salt Armoniack six or seven times, remembering that then you must dulcifie it with warme water, by dissolving therewith the salt, and dry the precipitate afterwards. Set this fixed powder in a celler, laying it very thin upon a marble Stone; and in about six weeks, or two months it wil all be dissolved into water, which must be filtered. Then evaporate part of this water, and let it stand two or three daies in the Cellar to crystallize; these Crystals purifie and drie: mix them with three times the quantity of the gresse powder of Tiles, and distil them in a

retort, and there will come forth first a white spirit, and then a red, which you may rectifie in Balneo.

36 *The true Oyl or essence of Antimony is made thus.*

Take of the foresaid crystals, dissolve them in good rectified spirit of wine, digest them two months in Balneo, or horie dung; then evaporate the spirit of wine, and there will remain in the bottome, the true oyl or essence of Antimony.

Then take new crystals of Antimony, and let them imbibe either this oyl, or the foresaid spirit, till they will imbibe no more; then digest them two months in sand, and they will become a flowing fixt salt, and of excellent vertue.

The foresaid spirit, this oyl and essence of Antimony, may be equalized to *Aurum Potabile*, to all intents and purposes, according to a medicinal use, especially the fixt essence. The dose is five or six grains.

37 *Wormwood wine.*

Take a handful of dried Wormwood for every gallon of wine, stop it in a vessel close, and so let it remain in steep. So is prepared Wine of Rosemary flowers and Eye bright.

38 To make an Artificial Malago Wine.

First take a wine barrel well hooped and dressed, with one end being open, to which a close cover must be well fitted, which must be to take off, and put on at pleasure. Set it in a warm place, winter or summer, and fill it full with clear and pure water; to each three gallons put six pound of the best Malago Raisins, which you must bruise in a stone morter, and then strew upon the water; upon each twenty gallons of which, you must cast an hand full of *Calx vive*; then cover the vessel close with the cover, and cast clothes upon it to keep it warm, and let it stand four or five days to work, as Wine or Beer doth when they be new; then see if the raisins be risen up to the top of the water; if so, then put them down again, and cover it again as before: let them thus stand three weeks or a moneth together, the Raisins being every fourth or fifth day put down in case they rise up. Then put a tap into the Vessel three or four fingers above the bottom, and try if it be good, and taste like wine; if not, let it stand a while longer; but if so, draw it off into another wine Vessel, and to every twenty gallons that you have drawn off, put a pint of the best *Aqua vite*, two new laid Eggs, and a quart of Allicant beaten well together, and let it stand in a Cellar as o-

76 *Experiments in Physick,*
ther wine doth; if it be clear, and fit to be drunk

39 *How to make artificial Claret wine.*

Take six gallons of water, two gallons of the best Cider, put thereunto eight pound of the best Malago Raisins bruised in a mortar, let them stand close covered in a warm place, the space of a fortnight, every two dayes stirring them wel together; then prele out the Raisins, and put the liquor into the said Vessel again; to which add a quart of the juice of Raspberries, and a pint of the juice of Black Cherries; cover this liquor with bread spread thick with strong Mustard, the Mustard side being downward, and so let it work by the fire side three or four dayes, then tun it up, and let it stand a week, and then bottle it up, and it wil taste as quick as bottle-Beer, and become a very pleasant drink, and indeed far better and wholomer then our common Claret.

40 *How to make good Raspberry Wine.*

Take a gallon of Sack, in which let two gallons of Raspberries stand steeping the space of twenty four hours, then strain them and put to the liquor three pound of Raisins of the Sun stoned, let them stand together four or five dayes, being sometimes stirred together: Then pour off the clearest, and put

put it up in Bottles, and set it in a cold place. If it be not sweet enough, you may add some sugar to it.

41 *Oyl of Almonds.*

Take Almonds, blanch them, and put them into a pot, and set that pot in another pot of water that boileth, and the steam of the seething pot will arise and enter into the pot with the Almonds, and that will become Oyl, when they are stamped and wringed through a cloth: thus they make oyl of the kerne's of Filberts, Walnuts, &c.

42 *Oyl of Sage.*

Take the Sage, and boil it in Oyl of Olives, till it be thick and greene: then straine the Oyl from the Sage, and reserve it.

43 *Olcum Laurecum.*

Take Bay-leaves, grinde them wel, and boil them in Oyl of Olives til it be green, then strain it and cool it &c. This is for coldness in the Limbs, Palfies, and such mortifications, &c.

44 *Oyl of Tobacco.*

Take the Green leaves of Tobacco, cut them small and put them into a glasse or gallion well stoppee, then ha it up with Sallet oyl, set it a good while in hot water, or in the Sun

fourtie days, and you shall find it a precious
Balme.

45 *Oyl of Roscs,*

Take Sallet Oyl, and put it into an earthen
pot; then take Rose leaves, clip offall the
white, and bruise them a little, and put them
into the oyl, and then stop the pot close with
paste, and set it into a boiling pot of water,
and let it boil one hour; then let it stand
all one night upon hot Embers, the next day
take the oyl and strain it from the Rose leaves
into a glasse, and put therein some fresh rose
leaves clipt as before; stop it and set it in
the sun every day for a fortnight or three
weeks.

46 *Oyl of Cream.*

Take Creame and seeth it softly upon some
embers, and it will become an Oyle: this
wil cure the gout in a hawks leg.

47 *Oyl of Swallows.*

Take two dozen or twentie Swallows out
of the nest, a good handful of Rosemary, as
much Lavender cotton, and as much Straw-
berry leaves, strings and all, stamp all these
together, and fry them altogether in May Butter,
or rather sallet Oyle, til the rawnesse be gone;
then put it in an earthen pot fast stopped
nine days, and then fry it again; wring it tho-

row a cloth, and keep it in a glasse or gallipot; and being warmed, annoint the place grieved therewith, it is good for all Aches, and for the shrinking of Sinews.

48 *The best pattern for Oyl of Roses.*

Take a pint of good Sallet oyl, or more, as you please, then take as much red Rose leaves, the white clipt off, three quarters of a pint, put them into a stone pot, stop it close with paste, and set it so long in a greater pot of boiling water, till the strength of the Roses be gone into the Oyl, then wring the Roses thorow a Canvas cloth, till they be drie, then put in new, stop them, boil, strain, and change them thus four or five times, til you think it strong enough of the Roses; then put it up for your use. This is the best pattern for these Oyles.

49 *The use of Oyl of Violets.*

Oyl of Violets, Camomile, Lillies, Elder-flowers, Cowslips, Rue, Wormwood, and Mint, are made after the same sort. Oyl of Violets, if it be rubbed about the Temples of the head, doth remove the extream heat, asswageth the head-ach, provoketh sleep, and moisteneth the Braine, it is good against melancholy, dulnesse and heaviness of the spirits, and against swellings and sores that be over hot.

50 *The use of oyl of Camomil.*

Oyl of Camomil is good in glisters, for the Agues that come of coltive stoppings; it awageth all paine and Ach, it cureth wearied and bruised parts, it loosneth and softneth hard and swoln parts, and openeth all which is stoped.

51 *The use of oyl of Lillies.*

Oyle of Lillies is good to supple, mollifie and stretch sinnewes that be shrunk, it is good to anoint the sides and veines, in the fits of the stone.

52 *The use of the Oyl of Elder-flowers.*

Oil of Elder flowers is good for the hardnes and paines of the liver and spleene, if the sides be therewith annointed; But you must not come neer the bottome of the bellie where the bladder lies, nor the hollow of the stomack: It is very good to apply to green wounds, with some lint dipped in it, for it cooleth and healeth them, and also festring sores.

53 *Oyl of Cowslips.*

Oyl of Cowslips, if the nape of the neck be annointed with it, is good for the Palsie; it comforteth the sinnewes, the heart and head.

54 *The use of the Oyl of Rue.*

Oyl of Rue is good to be used in Glisters against the Collick and Stone: It is good for the Kings Evil, or any swellings in the throat; it doth warme and dissolve cold humors in any joint; it provoketh Urine, being anointed about the region of the Bladder; it is good to annoit the Spleene for the stopping of it.

55 *The use of the Oyl of Wormwood.*

Oyle of Wormwood is good for strains and bruises, and to comfort the stomack. It is made of the green herb, as are the Oyles of Camomile, Rue, and Mint.

56 *The use of the Oyle of Mint.*

Oyl of Mint comforteth the stomack, overlaid and weakened with casting: it doth drive back milk, and dry up womens breasts, and doth keepe them from being sore, being therewith annoitned.

57 *To make the Oyl of Salerne.*

Take Southernwood, Wormwood, Lavender tender Crops, Rose leaves, Camomile, Saint Johns Wort, red Sage, Rosemary tops,

of each one handfull ; cut them somewhat smal, as it were about an Inch long, and bruise them a little ; then put to them a pint of the best *Aqua-vite*, and a pottle of the best Sallet-Oyl you can get : boyl them an hour and half upon a soft fire, keeping them from burning with continual stirring ; then strain it thorow a linnen cloth, and when it is cold, put it up in a glasse, and keep it for all cold infirmities. When you use it, warme the Oyl a little, and warme your hand against a Chafingdish of coales, and annoit the place pained therewith.

38 How to compose the Oyl of Excester.

Take one pound and a halfe of the Flowers of Cowslips, and steep them in three pints of the best Candy oyl, and let them so stand three weeks, or a month : and then take of Calamint, Saint Johns-wort, Sage, Egremony, Southernwood, Pennroyal, Wormwood, Lavender, Parietarie, Rosemary, Camomile, Pellitory of Spain, Bay-leaves, Scabious, of each a handful: beat them in a stone Mortar, as smal as you can, then strain the Cowslip flowers from the Oyle, and stamp them among the other herbs as smal as you can, and put them all together in a quart of white wine, & let them stand therein twenty fourre hours, then put the Oyl to them, and boyl them upon a soft fire, til they be

be so incorporate together, that it is all become oyl: then letting it cool a little while, strain it into some earthen pan, there keep it till it be cold, and then put it up in some glass or galley-pot.

55 *Oyl of Amber.*

Take of yellow Amber one part, burnt flints or powder of tiles two parts, distil them in a Retort in sand, keepe the white cleare oyl which comes out first, by it selfe; then distill it on till all come out, keep both oyles severally, and rectifie them with water, gather the salt of Amber which sticks to the neck of the retort, and being purged by solution, filtration, and coagulation, according to art, keep it for use.

60 *How to make an excellent Oyl of Hypericon.*

Take flowers, leaves, and seeds of Hypericon as much as you list, beat them together, and infuse them in white-wine, that they may be covered therewith, and set them in the sun for ten dayes; then put thereto so much oyl of Olives as all the rest doth weigh, and let it stand ten daies more in the sun: But look you weigh the oyl, to know how much it is; then put thereto for every pound of oyl two ounces of Turpentine, and one drachm of Saffron; and of Nutmegs and

and Cloves of each halfe an ounce ; of Mirth and Rosin of each an ounce, and of the root of Briony two ounces; put them all in a vessel of glasse, and mix them wel together, and then set them in a vessel of hot water, and set thereto an head of glasse and a Receiver wel shut, and boil it so long until no moe will distil from it, which will be about twenty four houres ; then take it out and straine it whilst it is hot, and keep it in a vessel of glasse. And when you use it, first heat it wel, and apply it upon a wound without using any tent at all. This is excellent for a green wound , especially if there be veins, sinnewes, or bones offended or cut : It keepeth wounds from putrefaction, it cleanseth them, and easeth paine, and doth incarnate and skin them: It helpeth bruises, pains, aches, or swellings in any part ; and is wonderful against venome or poyson.

61 *Oyl of St. Johns Wort.*

Take a quart of Sallad oyl, put thereto a quart of the flowers of St. Johns wort wel picked, let them lie therein all the year til the seeds be ripe ; the glasse must be kept warme , either in the Sun, or in water, all the Summer until the seeds be ripe ; then put in a quart of St. Johns wort seeds whole, and so let it stand twelve hours ; then you must seeth the oyl eight hours, the glasse being kept open, and the

the water in the pot ful as high as the oyl is of height in the glasse ; then when it is cold, strain it, that the seeds may not remaine in the oyl, and then put up the oyle for your use.

62 *Oyl of yolks of Eggs.*

Boil the yolks till they be hard, and bruise them with your hands, or with a pestle and mortar ; heat them in an earthen vessel glazed until they begin to froth, stirring them diligently that they burn not : being hot, put them in a linnen bag, and sprinkle them with aromatick wine, and press out the oyl according to art.

63 *To make oyl of Mandrakes.*

Take of common oyl two pound, juyce of Mandrake Apples, or (for want of them) of the leaves, four ounces ; juyce of white Henbane two ounces, juyce of black Poppie heads three ounces, juyce of Violets, and tender hemlock of each one ounce : Set them all in the sun, and after the tenth day, boil them to the consumption of the juyce ; then put in Opium finely beaten, and *Styrax Calamitis* dissolved in a little Turpentine, of each halfe an ounce.

64 *Oyl of Musk how made.*

Take two Nutmegs, Musk one drachm, Indian leafe or Mace, Spikenard, Costus, Mastick,

Mastick, of each six drachms; Styrax Calamitis, Cassia lignea, Mirrh, Saffron, Cloves, Cinnamon, Carobalsamum, or Cubebs, Bdelium, of each two drachms; pure oyl three pound Wine three ounces: bruise them as you ought to do, mix them, and let them boil easily till the wine be consumed, the Musk being mixed according to art, after it is strained.

65 *How to make oyl of Snakes
and Adders*

Take Snakes or Adders when they are fat, which will be in June or July, cut off their heads, and take off their skins, and unbowel them, and put them into a glasse gourd, and pour out so much of the pure spirit of wine wel rectified, that it may cover them four or five fingers bredth, stop the glasse wel, and set it in *Balneo* till all their substance be turned into an oyl, which keep well stopt for your use.

This Oyl doth wonderful cures in recovering hearing in those that be deaf, if a few drops thercof be put warme into the ears. It's reported that some have been cured that were borne deaf, by using this oyle.

66 *To make Oyl of Worms.*

Take of Wormes of the earth washed and prepared half a pound, white wine two ounces, sweet oyl two pound ; boyl them to the consumption of the wine, and the wafting of the wormes, then strain the Oyle, and revere it for your use : It molifies, allwages paine, and is good for bruises, and pains in the Joynts.

67 *An Oyl for the Palsey.*

Take a new earthen pot, and fill it full of Camomil, and stop it well, and set it in another pot under ground for forty dayes, then take it up, and you shall find oyl therein, and anoint the place therewith : if it be thy head, anoint thy forehead; if thy hands, anoint thy wrists.

68 *Oyl of Camphyre.*

Take two ounces of Camphyre, dissolve it in four ounces of pure oyl olive, then put them into four pints of faire water, distill them all together in a glasse gourd, either in ashes, or Balnes, and there will distil both water and oyl, which separate and keep by it self; it is good against putrefaction, fits of the Mother, passions

passions of the heart ; a few drops may bee taken in any liquor, or the brest annointed therewith.

69 *To make oyl of Galbanum.*

Take the purest Galbanum you can get ; and put it into a glasse, close luted, then set it in Balneo Matrix, until it be dissolved ; then distil it with a soft fire , and thence will come forth a faire yellow oyl, the which s parate ; this oyl being drunk, is good against an old Cough ; and for such as are broken and bruised within, against Crampes, and shrinking of of sinews ; It is good against all venome , it is good against the Mother ; it is good to anoint the side against the hardnesse of the milt.

70 *Oyl of Frankinsence.*

Take Frankinsence, as much as you will, and put it into a Retort of glasse well luted, and put thereunto for every pound of stuffe, four ounces of clean sand, and then distil it with a gentle fire until all the substance be come forth, and you shall have both water and oyl, which ye must separate : the water is good against wind in the stomack ; the oyl helpeth wounds , in three or four dayes ; it helpeth all

all aches, and bruises, if ye anoint them therewith.

71 Oyl of Lignum vita.

Take the freshest wood you can get, then put it into a vessel of glasse wel luted, and set it in horsedung to digest, then take it forth, and distil it with a gentle fire, and thou shalt have both oyl and water, the which you must separate; then take the feces and put it into a new earthen pot, and set it in a furnace until it be burnt into Ashes, then take the ashes, and make thereof a Lye of Fumetory water, and when the water will be no more sharp, cast then away the ashes, and vapor away the water with a soft fire, and in the Bottome will remain a salt, which you shal dissolve and congeal until it be clear and fair. The water is to drink with wine; the oyl is to annoit sores or aches; it is also good against the Pox, Gout, or Pal-sie.

72 Oyl of Rosemary flowers.

Take Rosemary flowers and stamp them; then put it into a glasse with strong wine, and stop it close, then set it in the Sun five or six dayes, and then distil it with a soft fire, and thou shalt have both Water and Oyle, the

the which you shall separate, and keep close in a glasse. It helpeth against all pains in the head ; it comforteth the memory, it is good for the eyes, it breaketh wind, and helpeth the Collick : the oyl helpeth all diseases of the body, that come of cold and moist humours, it helpeth the Canker, and Fistula.

OINTMENTS.

73 *An oyntment for a Rupture.*

Take of Sanicie two handfuls, of Adders-tongue, Doves foot, and Shepherds purse, of each as much, of Limaria one handful, chop them somewhat small, and boile them in Deers suct, until the herbs be crumbly and waxe dry.

74 *Flos Unguentorum.*

Take Rosin, Peroline, Virgin Waxe, of each halfe a pound, melt all these together and put into them one quarter of a pound of Rosemary tops beaten small ; put then to them all together, a pottle of white wine, let them boile wel together, then strain them through a course linnen cloth into a pot or pan, and when it is cold, put the wine from it as much as wil, and melt the medicine again, and put therein two ounces of Camphire, Venice Turpentine one quarter of a pound, Sallet oyl half a pint, let it boile a little, and put it up in some gall-pot

gally-pot for your use. It is good for new or old wounds, for sinews shrunke, started, or sprung, to draw out thorns, or broken bones, healeth Biles, all Aches of the reines and backe, swelling of the members, and the cmetauds.

75. *Unguentum Populionis*, commonly called *Pomplillion*.

Take a gallon of Bores grease, as much of Popple buds when they first put out, and a handful of Smallage; stampe the herbes and the Bores grease together, put them together in an earthen pot well stopped, and set it in an horse dung-hill fourteen days together; then boil it over the fire about a quarter of an hour, keeping it still with stirring: when you are ready to take it off the fire, put thereto halfe a pint of the best Sallet or Olive oyl, and stir them wel together; then let them boil a little, and strain it into an earthen pot, which being close covered, wil keep good seven or eight years.

76 *Doctor Lewins Unguentum Rosatum*, good for the heat in the Back.

Take a certain quantity of Barrows grease, of oyl of sweet Almonds and Rosewater, either red or damaske, of each a like quantity, but of neither

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neither so much as of the Hogs grease ; beat them together in an oyntment, put it in some gallie pot, and when you would use it, heat it, and therewith annoiint the Back and Reins.

77 *Unguentum Sanatinum*

Take of Turpentine one pound, of Wax six ounces, oyl of Camomile halfe a pint, put all together in a pan, and put to it a handful of Camomile bruised or cut very small : boile them upon a soft fire til they be wel melted and no more : then take it from the fire, and strain it into a clean pan, and so let it cool all night, and in the morning put it up for your use. This Ointment is good for any cut, wound, or breaking of the flesh, it eateth away dead flesh, and ranklings, and doth heal again quickly.

78 *Ointment of Red Lead.*

Take of oyl of Roies a pound and a half, red lead three ounces, Litharge two ounces, Ceruss one ounce and half, Tuty three drams, Camphire two drachms, Wax an ounce and a half, make it into an ointment occording to art, with a pestle and morter made of lead.

79 *A bitter Ointment.*

Take of oil of Rue, Savin, Mints, Wormwood, bitter Almonds, of each an ounce an

a half; juyce of Peach flowers and leaves, and Wormwood, of each halfe an ounce; powder of Rue, Mints, Century the leis, Gentian, Tormentil, of each one drachm; the seeds of Colworts, the pulp of Colocynthis, of each two drachms, Aloes Hepatick three drachms, Meal of Lupines half an ounce, Myrrh washed in grasse water a drachm and half; Buls gall an ounce and a halfe; with a sufficient quantity of juyce of Lemons, and an ounce and a halfe of Wax; make it into an Ointment according to art.

80 *A pectoral Ointment.*

Take of fresh Butter washed in Violet water six ounces, oyle of sweet Almonds four ounces, oyl of Cammomile and Violets, white Wax, of each three ounces, Hens and Ducks grease, of each two ounces, Orris roots two drachms, Saffron half a drachm; the two last being finely powdered, the rest melted and often washed in Barly or Hysop water; make an ointment of them according to art.

81 *An Ointment for an Ach, to be made at any time of the year, and is approved good, and bath helped old pains, griefs and aches.*

Take Steers gall, Sallet oyl and *Aqua vita*, of each five spoonfuls, boil them together a little, and therewith annoiint the place pained by the

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the fire, and lay a warm cloth on it.

82 *An Oynment for the Sciatica.*

Roast a handful or two of Onions, an drake
Neatsfoot oyle, and *Aqua-vite*, of each a pint :
stamp, or rather boil all these together to an
oyle or ointment ; and strain it into a Galli-
pot, and therewith annoit the place grieved,
as hot as you can endure it, morning and even-
ing.

83 *An Oynment for any wound or sore.*

Take two pound of Sheeps suet, or rather
Deers suet, a pint of Candy oyle, a quarter of
a pound of the newest and best Bee-wax :
melt them all together, stirring them well, and
put to them one ounce of oyle of Spike, and
half an ounce of the Goldsmiths Boras, then
heating them again, and stirring them all to-
gether, put it up in a Gallipot, and keep it close
stopped, til you have caute to use it. This
is an apprved ointment to cure any wounds
or sores, new or old.

84 *A Purge to drive out the French Pox, before
you use the Oynment.*

Take half a pint of good *Aqua-vite*, one
ounce of Treacie of Gen, one quarter or an
ounce

ounce of *Spermaceti*; boil all these together on a soft fire, half a quarter of an hour, and let the Patient drink this as warm as he can, and lie down in his bed and sweat: and if any of the disease be in his body, this will bring it forth, and bring him to an easie Recovery. This is thought the best and surest of all other Cures, for this infirmity.

85 *The Ointment for the French Pox.*

Take Barrows grease well tryed from the filmes, beat it in a Morter, till it be small and fine: put thereto of Lethargy one ounce, of salt Peter two ounces, both in fine powder: of *Sal-gemme*, one ounce, of Mastick in fine powder two ounces, of *Olibanum* in powder one ounce, of oyl of Spike one ounce, oyle of *Pulliolum* one ounce, of Turpentine one quatrer of a pound; beat all these together into a perfect Ointment, and therewith annoiint these places.

86 *What places to annoiint for the French Pox, Viz.*

The principal bone in the nape of the neck without the shoulder places, taking heed it come not neer the Channel bone, for then it will make the throat swell, else not; the elbows on both sides; the Hip-bones; the Shart; the knees, the Hams and the Ankles: If the Patient have no Ach, annoiint not these places, but onely the Sores

Sores till they be whole. If there be any knobs lying in the flesh (as many have) annoit them often, and lay lint upon them, and browne paper upon the Lint; and keep the Patient close out of the air, and this used will make him whole in ten daies by the grace of God.

87 *Another purge to heal the French-Pox without Ointment.*

Take a great handful of *Carduus Benedictus*, of unset Leeks leaves and all, if they be great six, if smal 10; cut these herbs smal, and put them in an earthen pan, and with a quart of smal Ale or white Wine, and one ounce of *Colquintida*, boil them to half a pint of liquor, then strain out the liquor, and keep it in a glafs, and two or three dayes before you set the Patient to sweet, if his body be of a strong constitution, let him drink half of it; if he be weak, a third part thereof, taking care that the Sign and day be good to purge in.

88 *An Ointment to kill the Worms in little children.*

Take oyle of Wormwood, oyle of Saine, and the powder of *Aloe Cicutina*, finely beaten, mix them together, warm them and annoit the belly therewith morning and evening, and this wil kil the belly worms; for stomach worms annoit the stomach with oyle of Wormwood, and the belly with oyle of sweet Almonds

Almonds. You must not use any Savine in medicines for Maiden children, but in stead of oil of Savine, take as much of an Oxes Gall.

89 For the Worms.

Drink Mares milk as hot as you can have it from the Mare, in the morning fasting.

90 An excellent good Medicine or Salve for any Ach coming of cold, easie to be made by any Country good housewife.

Take of good Neatsfoot oil, Honey and Wax a like quantity, boil them well together; Then put to them a quarter so much of *Aqua vita* as was of each of the other: and then letting it on the fire, boil it till they be well incorporated together; then spread it upon a piece of thin leather, or thick linnen cloth, and so apply it to the place pained.

91 For a pain or Ach in the Back.

Take Nepe, Archangel, Parsly and Clary, of each half a handfull, wash them clean, cut them small, and fry them with a little sweet Butter, then take the yelks of three or four Eggs, beat them well together, and put them to the herbs, fry them altogether, and eat them

98 *Experiments in Physick,*

fasting every morning, with some Sugar to take away the unsavoriness of the herbs. Some use to take onely Clary leaves, and Parsly washed, not cut; or Clary leaves alone, and pouring the yolks of the Eggs upon them, so fry them and eat them.

92 *A Scarcloth for all Aches.*

Take Rosen one pound, Perrosen a quarter of a pound, as much Mastick, Deers Suet the like, Turpentine two ounces, Cloves bruised one ounce, Mase bruised two ounces, Saffron two dachms; boil all these together in oil of Camomile, and keep it for your use.

93 *An excellent Ointment for any Bruise or Ache.*

Take two pound of *May* Butter purified, pour it out from the dregs, and put in it of Broom flowers, and Elder flowers, of each a good handful, so clean picked that you use nothing but the leaves; mix them all together in a stone pot, and boil them seven or eight hours in a Kettle of water, being covered with a board and kept down with weights, keeping the Kettle always full of water, with the help of another Kettle of boyling water ready to fill up the first as it wasteth; and when it waxeth somewhat cool, but not cold, strain the ointment.

ment from the herbs into a Gallipot, and keep it for your use.

94 The cure of grievous pains and aches in the Body.

A dose of *Aromatico Leonardo*, and the application of *Emplastrum fætidum*, is an approved cure for grievous pains and aches in the knees, shoulders, or other parts.

95 Aches coming by the Pox healed.

Purge twice or thrice with the said *Aromatico Leonardo*, then take for four or five dayes together, half a drachm of the extract of *Hermodactiles* with white wine; then to the articular parts grieved, apply *Emplastrum fætidum*. This hath in short time cured one of a dark melancholy complexion, who was given over for incurable.

96 Back weak or diseased to strengthen, &c.

Take the pith of an Oxes back, wash it in Wine or Ale, and beating it very small, strain it through a course cloth, and make a caudle of it with Muscadine or strong Ale, boil therein a few Dates sliced and the stones taken out, and drink it first and last as warm as you can, walking well, but temperately after it: Toasted Dates often eaten are very good for the same.

97 *To take the Ague out of any place.*

Take Vervine and black Hemlock, of each an handfull, boil them in a pint of fresh Butter till they be soft, and begin to parch again: Then strain the Butter from the herbs and put it into a gallipot, and two or three times a day anoint the place grieved, with a spoonfull or two thereof. *Probat.*

98 *For the Ague in children, or women with child.*

Take Venice Turpentine, spread it on the rough side of a piece of thin leather two fingers breadth, and strow thereon the powder of frankincense finely beaten, and upon it some Nutmegs grated; Binde this upon the wrests an hour before the fit comes, and renew it still till the fit be gone.

99 *An easie and approved Medicine for a quartain Ague.*

Take a white flint stone, (for it will best endure the fire without breaking) burne it in the fire till it be red hot, then quench it in ordinary Beer, and let the Patient drink of it a little before the fit cometh, and likewise in the fit. Let this be done three or four several dayes,

dayes, at the time, when the fit is expected. A woman by this onely medicine did cure divers of quartain Agues, when long and much Phy-
sick could not prevail.

100 *An Almond milk to cool and induce sleep.*

Take sweet Almonds blanched five pound, beat them in a stone morter, sprinkling them now and then with a little barley water; last put a quart of barley water to them, and four ounces of fine sugar; then strain it, adding two ounces of Rolewater. This may be drawn out with chicken broth, and sweetened with Sugar Candy in stead of other sugar.

101 *For an Andcome.*

Put half a dozen knots of a young oak into a fire pan, and burn them to a red coal; and take Bores-grease and fine suet, and two or three corns of salt, and stamp them very fine, and so make a plaster of it; and if it do draw and heal too falt, lay lime underneath the salve; dress it twice a day in winter: and thrice in summer.

102 *Liquid Amber, and its medicinal vertues.*

Take *Liquid amber*, and distill it in a retort, and there from will come a red oil. This oil is used against all indispositions of cold, and moisture, or wind. The same healeth scabs, and is good for wounds. If you anoint the stomach therewith, it wil exceedingly comfort the same; for it is a thing incorruptible, and like unto *Balsamum*.

103 *A most Sovereign Balsam for severall diseases.*

Take five pints of Sallet oil, one pound of Venice Turpentine, half a pound of Virgine Wax, six ounces of red Sanders, half a pint of Damask Rosewater. First put your oil with six spoonfuls of Rosewater into a clean skillet, or new pipkin, and let it boil a quarter of an hour; wash the Turpentine with the rest of the Rosewater, pare the wax clean, and cut it into thin slices, and put it into another clean skillet or new pipkin with the Turpentine; Let them be wel melted and mixed together: then poure the water from the oil (if you can see any) and put it into the Wax and Turpentine, and let them boil upon a gentle fire a dozen walms: Then take it off, and

and put in the Sanders by two ounces at a time, mingling and stirring it well: then let it boil a dozen walms more, stir it to avoid burning, then strain it into a bason, and fill it into gallipots.

104 *A Precious drink for divers deseases.*

Take a good quantity of Rosemary, (when it hath the full sap in it) and bruise it in a Morter, and put it into a linnen cloth, and put it in some Rhenish wine, and tye to the Bagg of Rosemary a stone, whereby it may sink into the to bottom of the vessel, let it remain in it for the space or three or four dayes, then take it forth, and put it into a Dyet pot, with a Gallon of the same Rhenish wine, and seeth it, scumming of it clean untill it be half consumed away, then put it into a glafs with an hole in it, within an inch of the bottome, that you may put in a quill to draw forth the Wine from the lees, then put it into a clean Vessel, and stop it very close, drink it not till it be a month old, and then take a glass full, morning and evenings; it is good for all defects in women, cureth the trembling of the heart, it helpeth the cough, it restoreth appetite, it purifies the blood, it is also good to wash any wound or sore.

105 *For a sudden bleeding at the nose.*

Burn an Egg shell in the fire, till it be as black as a coale, then beat it to a fine powder, and let the party snuffe it up into his nostrils.

106 *A remedy for the spitting of blood, occasioned by the breach of some vein in the brest.*

Take Mice dung beaten to powder as much as will lie upon a groat, and put it into half a glasse full of juice of Plantane with a little sugar, and so give the Patient thereof to drink morning and evening: continuing the same he shall be sound.

107 *To stop bleeding of a wound.*

Take vervine dried and make it in powder, and put it in the wound, and it will leave bleeding. Burn also the sole of an old hose, and put the Ashes into a wound, and it will leave bleeding.

108 *To stop inward bleeding.*

Drinke the juyce of Nepe, and it will help you.

109 *A Medicine for those that are given to bleeding.*

Make a Posset, take off the curd, and take liver-wort and beat it, and put the juyce thereof into the Posset-drink, and drink it morning and evening warm.

110 *To stanch bleeding at the nose.*

Take Boile manack and the white of an egge, and vinegar, and beat them together and make plaisters thereof, and lay them to your temples.

111 *To heal the Cut or sore Brest of a Woman.*

Take Bugloss and yarrow of each two handfuls, stamp them, and strain them with the third part of a pint of good Ale, then stamp the herbs again, and strain them with an other third part of a pint of good Ale, then stamp and strain them again the third time, and you shall have neer a quart of the Ale, keep this in a glass close stopped, and let the patient drink of it first in the morning, and last in the evening three spoonfulls at a time; but if you make this for a sore brest, if the brest be broken, take three handfuls of Yarrow.

112 *A Medicine to breake and heal sore
breasts of Women, used by Midwives,
and other skilful women
in London.*

Boil Oatmeale of the smallest you can get, and red Sage together in running or Conduit water, till it be thick enough to make a Plaister; and then put into it a fit proportion of hony, and letting it boil a little together, take it off the fire, and while it is yet boiling hot, put thereto so much of the best Venice Turpentine as will make it thick enough to spread; then spreading it on some soft leather, or a good thick linnen cloth, apply it to the brest, and it will first break the sore, and after that being continued, will also heal it up.

113 *To drye up a womans Brest.*

Take of oil of Linseed and English hony of each a penny worth, white wax half a penny worth, and half a quarter of a pound of sweet Butter; boyle all these to a plaister and lay it on thebrest. **Master Buxton. Colchester.**

114 *An approved Medicine to encrease milk
in a womans Breasts.*

Take Fennell roots, and Parsenip roots, and let them bee boiled in broth made of Chickens, let the woman eat of the same rootes, mixed with fresh Butter, which must be as new made as possibly may bee gotten, *Probatum est.*

115 *For a stinking Breath.*

Take Rosemary leaves with the blossomes, if you can get them, and seeth them in white Wine, with a little Myrrhe and Cinnamon, and you shall finde a marvellous affect, if you use it often in your mouth.

116 *A Gargle for an unsavory breath.*

Take Rosewater, Mirtle water, Orange flower water, of each two ounces; Musk three grains, salt a little more. Musk and Ambergreece you may put in for greater persons.

117 *For the Canker in a womans Breast.*

Take Goose dung and Cellydony, stamp them well together, and lay it plaister-wise to the

the sore; it wil cleanse the Canker, kill the worm, and heal the sore.

118 *For the Canker in the mouth.*

Take the juyce of Plantane, vinegar and Rosewater, of each a like quantity, mingle them together, and wash the mouth often with them.

119 *Of the Catarrhe, or Rhume in the head.*

The Catarrhe is a moist vapour which assaulteth the head, and afterwards falleth down again into the stomack, where it ingrosteth and corrupteth. This moisture hath its beginning of the moisture of the lungs; and until the lungs be discharged thereof, the Catarrhe will continue in its force. It is predominant more in the flegmatick then other constitutions. Such as are troubled with it, are not long lived, because their lungs consume by little, and little, and thereupon they are troubled with the Palsick, and consequently perish, if not quickly relieved. See a rare seceret to cure the same.

Take *Pulmonaria* and *Sens* that is fresh and new, infuse them in wine and water over a gentle fire, till the wine have drawn out the vertue; then strain it, and put thereto some

Quin-

Quintessence *Leonardo*, and keepe it close in a glasse: Let the Patient drink every morning three ounces Jukewarm, for twenty daies together; let him eat good nourishing meates, for they agree wel with this disease: If the patient be not too far spent, you shal see your cure perform'd in a short time. In the meane time, if the patient be weake, let him take new laid Egges, and good white-wine: if the humidity be perceived not to be quite expelled and evacuated, then give him *Aromatico Leonardo*; afterward comfort him with Restoratives and Cordials, to make him strong; and no doubt, by the help of God, he shall be cured.

120 *For young children that are weak in their limms, and can neither go nor stand.*

Take Sage, sweet Marjoreme, of each a like quantity, beat them very wel together, and strain out the juyce, and put it into a double Vial glasse, fill the glasse as ful as it can hold; then stop it with paste very close, and cover it with thick paste all over, and then set it in an Oven, and there let it stand so long as a great loaf requires time to be throughly baked; then take it out, and let it be cold, then break the Paste round about it, and if the juyce be grown thick,

110 *Experiments in Physick,*

thick, break the glasse, and put it into a gallipot, and keep it. When you wil use it, take the quantity of two spoonfuls at a time, and as much marrow of an Ox leg, melt them together and mingle them wel, and both morning and evening annoiint therewith (as warm as can be endured) the tender parts of the childs thighs and legs, and knees, chafing them wel with your warme hands; and so in a short time (through Gods blessing) it wil be able to stand and go. Successfully proved.

111 *For breaking out of childrens heads.*

Take of White wine and sweet Butter, a like quantity, boil them together till it come to a salve, and so annoiint the head therewith.

112 *A medicine for the swelling
of a child's Cods.*

Bray red Rose leaves, and boil them in red wine an hour; then wet a cloth in it, and lay it to the child's Navel as hot as can be endured.

113 *To heal children of the Lumb-
stick disease.*

This disease happeneth to children by reason

son of a worm with two heads, which breedeth in their bodies, which coming to the heart causeth such a passion in the child, that oft times it kills them. The remedie whereof is this, Dry the tender stalks of a Wilding tree in the shadow; then stamp them wel, and fist them, and take of the said powder, and roots of Gentian, myrrh and long Pyome, of each a quarter of an ounce; all these well beaten to powder you must put in a dish, or some other vessel, and moisten them with a little water; then take of it with your two fingers, and wet the lips and mouth of the child: Do this three or four times, and you shal see the worm come forth dead with the excrements.

124. For a Consumption.

Take Ash Keyes, so soone as they looke withered, set them into an oven (the bread being drawn) in a pewter or rather an earthen dish, and being so dried, pil off the outside, and reserving the inner part of the seede or Keyes, beat them to fine powder, and either mix it with good English Honey, and so eat of it first and last, morning and evening, a pretty deal of it at once, upon the point of a knife; or else drink of the powder in some posset Ale or thin broth. Mares milk drunke also warme morning and evening, is a soveraign Medicine for it.

125 *To make a Chins Broth for a Consumption.*

Of Chins root thin sliced take two ounces, steep it in fair water twenty four hours, letting it stand warme all the time, being al so covered in an earthen pipkin or iron pot; then put to it a good Cockrel, or two Chickens clean dressed, and scum it wel; then put in five leaved grans, Maidenhair, Harts tongue, of each halfe a handful, Dates twenty sliced, two or three Mace, and the bottome of a mancher; let all these stea together, until not above one quart remaines, then straine it, and take all the flesh, and sweet bones, beat them in a stone morter, and strain out all the juyce with the broth, then sweeten it with two ounces of white sugar candy in powder, and take thereto halfe a pint at once early in the morning warm, and sleep after it if you can, and two hours before supper at your pleasure; when you steepe the root, slice two drachms of white Sanders, and as much red, and let them boile in the broth.

126 *A Broth for a Consumption.*

Take a course Puller and sow up the belly; and an ounce of the conserves of red Roses; Borage, and Bugloss flowers, of each of them halfe an ounce; Pine apple kernels, and Pistachies, of each halfe an ounce bruised in a Mortar;

tar; two drachms of Amber powder, all mixed together, and put into the belly; then boil it in three quarts of water with Eggimony, En live, and Succory of each a handfull; Sparrow grass roots, Fennel roots, Caper-roots, and an handfull of Raisins of the Sun stoned; when it is almost boiled, take out the Puller, and beat it in a stonemortar, then put it into the liquor again, and give it three or four walms more; then strain it, and put to it a little red Rose-water, and half a pint of white Wine, and so drink it in a morning, and sleep after it.

127 *An approved Jelly for one
in a Consumption.*

Take a Cock newly killed, and scald him, and wash him cleane; then take 2 leggs of Veale, and cut away all the fat from it, and let them lie in water the space of five houres, and seethe them together in a gallon of faire running water, scumme off the fat, until you leave none at all on, and let it seethe over a soft fire, until the broth be half consumed. Then put to it a pottle of White-wine, and let it boile til it come to a quart, and put in the whites of new laid egges, clarifie it, and let it run through a Jelly bag, then set it on the fire againe, and put into it an ounce of gross Cinnamon, and a pound of fine sugar, and let it run three or four times through a Jelly bag againe, and ha-

114 *Experiments in Physick,*

having made a Jelly of it, eat thereof cold.

128 *An excellent Confortative for the Stomach, helping digestion, warming the brain, and drying the Rheumes.*

Take two ounces of good old conserve of red Roses, of chosen Mithridate two drachms; mingle them wel together; and eat thereof to bedward the quantity of a Hasel nut: This doth expel all windinesse of the stomack, expelleth raw humours, and venomous vapours, causeth good digestion, drieth the Rheum, strengtheneth the memory and sight.

129 *For the Corns on the feet or toes.*

First pare away the corns, then take a black snail and bruise it, and put a drop or two of the juyce thereof into the place grieved, and put thereto a little powder of Sandphire; and it wil take away the corne very speedily.

130 *A Cordial for the Sea.*

Take of Syrup of CloveGilly-flowers, Mr. Mountfords water, and Cinnamon water, of each an ounce; *Confectio Alcharmis* one drachm, Borage water an ounce and half, the like of Mint-water; temper all these together in

in a Cordial, and take a spoonful at a time, when you are at Sea.

131 *For the Pleisick and dry Cough.*

Take the lungs of a Fox, beat them to powder; take of Liquoris and Sugar Candy, a good quantity, a small quantity of Cummin, mix all these wel together, and put them in a bladder, and eat of it as often as you think good in the day.

132 *An excellent Medicine for the Cough of the Lungs.*

Take Fennel and Angelica, of each one handful, the leaves in Summer, roots in winter, sliced figges twelve (but if the body be bound, twenty at least) greene Liquorice (if you can) two or three good sticks, scraped and sliced, Annis seeds cleaved and bruised two good spoonfuls, two or three Parsly roots scraped and the pith taken out, and twenty leaves of Folefoot; boil all these in three pints of Hyssop water to a pint and half, then strain it out into a glas, putting as much white Sugar Candy to it, as will sweeten it: Drink hereof being warmed, five spoonfuls at a time, first in the morning, and last in the evening, taking heed that you eat nor drink any thing two hours, before or after: continue this til it be all done.

133 *A Medicine for the chin-Cough
for a child.*

First take Bores greafe, an i warme the sole of the feet at the fire ; then chafe them with it, and go to bed and keep them warm by lapping clothes about them.

134 *A Diet drink to cheer and temper the blook.*

Take Scurvy grass halfe a peck, Brooklime, Watercresses, Acrimony, Maidenhair, Liverwort, Borage, Buglois, Betony, Sage, sweet Marjoram, Sea-wormwood, tops of greene Hops, Fumitory, of each a good handful, Iyorie, Harts-horn, and yellow Sanders, of each one ounce ; red Dock roots two ounces ; Parsly, Fennel, Asparagus roots of each an ounce, Raisins half a pound ; boile these very well in a gallon of Beer, then stamp and strain them, and put it into three gallons more of Beer to worke together.

135 *A Diet drink to open and temper the Liver.*

Take the roots of Fennel, Parsly, Dock, Coroch, Kneeholm, of each half a good handful ; the leaves of Endive, Baglosse, Fumitory, Harts-tongue,

tongue, Agrimony, garden Wormwood, Ge-trach, of each a good handful ; the bark of the roots of Capers half an ounce ; boil these in a convenient quantity of Whey, til a third part be spent ; then clarifie the same : Hereof drink in the morning fasting at the least half a pound at a time.

136 *A Diet drink for a Canker in the mouth.*

First get a Diet pot of the common sort, put into it halfe a pound of Liquorice scraped and bruised ; half a pound of Annis-seeds bruised, twelve ounces of *Lignum vita* bought at the Turners, and an ounce of the bark of the same wood from the Apothecaries, halfe a pound of Raisins of the Sun stoned, an handful of Scabious, two ounces of Solyprilla, a quantity of white-Wine, and an ounce of *China* ; then fill up your pot with fair water sawing a pint ; then cover your pot with his cover, and cloie it round about the brim with paste ; then set it on a gentle fire of coals, and let it boile three houres, til the fourth part be consumed : Then put the clearest in bottles ; and every morning and night drink a good draught for fourteen daies together. If you put a little of the wood into the fire, and there fry out of it somewhat like oyl, be sure it is good.

137 *To cure the Dropſie, be it hot or cold.*

Take of the tops of Red mint, of Archangel or blind nettles, and red Sage, of either of them ten or twelve, stamp them all together and straine the juyce of them into some stale Ale, so much as wil ſerve to drink morning and evening: do the like every day for nine or ten daies together, and (God willing) it wil do away your diſease.

138 *A Medicine that hath recovered ſome from the dropſie, whom the Phyſicians have given over.*

Take green Broome, and burne it in ſome cleane place, that you may ſave the Aſhes of it: take ſome ten or twelve ſpoonfuls of the ſame Aſhes, and boile them in a pint of White wine, til the vertue of it be in the wine: then coole it, and draine the wine from the dregs, and make three draughts of the Wine, and drinke one fasting in the morning, another at three in the afternoon, another laſt at night neer going to bed: continue this, and by Gods grace it will cure you.

139 *To open obstructions of the Liver,
and to prserve from the dropſie.*

Take every day half a drachm of fine Rubarb thin sliced, with a spoonful of Currans steeped and washed in white wine two houres, then chop them finely with the Rubarb, and eat them fasting nine mornings together at the Spring and Fal.

140 *An approved Medicine for
the Dropſie.*

Take the herb called Bitter sweet (it groweth in waters, and bears a purple flower) slice the stalks and boile a pretty deal of them in white wine, and drink thereof first and last morning and evening, and it wil cure the Dropſie.

141 *A Bath to comfort the Brain.*

Take a quart of Muscadine, sweet Marjoram a handful, Rosemary tops half a handful, and a few Cloves; boyl them upon a soft fire to the one halfe, and bath the head therewith often in the Spring and fal of the leafe, drying it in with hot Napkins.

142 *For Pains in the Ears, or deafneſſe.*

Take a hot loafe, of the bignesse of a Bakers pen-

penny loafe, and pul or cut it in two in the middest, and lay the middle of the crummy side to the middest, or to the holes of the eare, or ears pained, as hot as they may be endured: and so bind them fast together on all night. And then if you find any pain in either or both ears, or any noise, put into your pained ear or eares, a drop of *Aqua vita* in each, and then againe binding more hot bread to them, walke a little while, and after go to bed; this done three or four daies together, hath taken away the pain, bearing noise in the eares, and much eased the deafnesse and dulnesse of and in many.

143 *For the Emrods.*

Take Egremony and bruise it smal, and then fry it with sheeps Suet, and hony, of each a like quantity, and lay it as hot as you can suffer it to the fundament, and it will heale you very fair and well.

144 *For the Pinne and Web in the Eye.*

Take the Gall of a Hare, and clarified hony of each a like quantity, mingle them wel together, and annoint the web with a feather dipped in the same, and within three or four daies it will take it quite away.

145 *A Plaister to take away the Film
in the Eye.*

Take a rotten Apple, the yolke of one egge, and as much grated Manchet as wil make it pretty stiffe, and then put to it two spoonfuls of Egrimony water, two of Eyebright water, and two of red-Rose water, or all six of red Rose-water, for want of the other two, beat all these together, till it be stiffe enough to spread, then make a plaister of it and lay to the Eye, and when you take off the Plaister to renew it, wash the eye with some of these waters, mixed equally together, to clear it again.

146 *A Medicine for sore, Bloud-shot-
ten and Rheumatick eyes.*

Take ground Ivie, Daisies and Celedony of each a like quantity; stampe and strain out the juyce of them and put to it a little browne Sugar Candy dissolved in a little white Rose-water, and drop two or three drops of this liquor at one time, into the grieved eye or eyes with a feather, lying upon the back when you doe it, and an houre after. This by Master *Waldgraves* owne experience, and by divers others to whom he taught it, proved to be the best medicine for Eyes, for it taketh away all inflammations spots, wbs, itchies, smarting, or

any griefe whatsoever in the eye, yea though the sight were neer hand gone.

147 *To make the face white and fair*

Wash thy face with Rosemary boiled in white wine, and thou shalt be fair; then take Erigan and stamp it, and take the juice thereof, and put it all together, and wash thy face therewith. Proved.

148 *To take the heat out of the face.*

Put Elder flowers, Plantane, white Daisie roots, and herb Robert into running water, and wash your face morning and evening therewith.

149 *To take away the Spots or red Pimples of the face.*

Take halfe a pint of raine water, and halfe a pint of good verjuice, seethe it til it be halfe consumed; the whiles it boileth fil it up again with juice of Lemmons, and so let it seethe a pretty while; then take it from the fire, when it is cold, put to it the whites of four new laid eages wel beaten; and with this water annoiint the place often.

150 A Secret to help all Fevers in
the beginning.

When the Fever is new begun, give the Patient two drachms of *Aromatico Leonardo* fasting in the morning : and the next day about the same hour give him an ounce of *Vegetable Syrup* ; and the third day give him four drachms of the said *Electuarii Angelica Leonardo* with broth, which taketh away the Fever all together. And this operation intendeth only to the *continual*, *Quotidian*, *Tertian*, and putrified or pestilential Fevers ; but not to the *accidental* or *Hectic* ; nor *Quartaine*, for these three kinds are much differing from the rest ; because the accidental is caused of another infirmity anterior, or going before : The fever Hectic is caused of weakness of natures ; and the Quartain is caused of great quantity of melancholy humours ; and they are cured by contrary means to the first : the accidental by helping the principal infirmitie, the Hectic by helping nature, and preserving the liver and lungs from putrefaction ; the Quartaine by Vomits, Unctions, Carrots, and drying drishes ; and these are great secrets to be known. For herein consisteth a great part of Physick and Chirurgery, if it be wel considered.

151 *To ripen, and heal a Fellen.*

Boil Clarret wine and wheat flower to a poultesse, and spreading it very thick, apply it as hot as you can endure it.

152 *A medicine for a Fistula.*

Dry Vervine upon a tile, and make powder thereof, and make clean the sore with a linnen cloth, and fil the hole ful of the powder.

153 *A medicine for the falling sickness*

Gather Germanander in May, when it is in the blossome, dry it in the shadow, and make it into fine powder ; and when you wil use it, take the yolke of an egge or two, and stir and breake it with a spoonfull of the said powder, then seethe it, and give it to the patient to eat : Do this morning and evening eight daies, abstaining from wine, carnal company of Women, from all pulse, beans, pease, vetches, tares, and such other ; from salets, salt fish, and from other things that are hard of concoction. A very good and notable secret.

154 *For the Piles.*

Set a Chafingdish or a Pan of coales under a close stoole-chaire, or in a cloie stool-case, and strow Amber beaten in fine powder upon the coales, and sit downe over it, that the smoak

smoak may ascend up into the place grieved.

155 *An especial good Medicine to make the Piles bleed.*

Beat the yolke of an egge, and some sallet oyl or oyl of Roses together, with some Saffron, and spread it upon a piece of Leather, and lay it to the place grieved.

156 *A Medicine for the Piles.*

Take a little Orpine Hackdagger, and Elecampane, stampe them altogether with Boares grease into the forme of an oyniment, and lay them to the place grieved.

157 *A Cullesse to stop the Bloody flux.*

Take a gallon of faire running water, and a quart of Red wine, boil therein a Cock or a Hen, of Bramble leaves, Ribwort, Oaken buds, Plantaine, Bursa Pastoris, Knotgrasse, stones of Raisins of the Sun, of each one handfull: and so let them boile to the one halfe or more. Then take one pound of unblanched Almonds, stampe them and straine them with this breth, and put thereto a box of Quidony of Quinces, a spoonful of powder of Pomegranate rinds, the powder of Cinnamon and of Rose leaves of each as much, two Cakes of *Manne Christi*, halfe a cake of *Terra Sigillata*,

and a little Sugar to make it sweet; boil them all together about one quarter of an hour, then strain out the liquor, and let the Patient drink thereof morning and evening an hour before he eateth any thing.

158 *Bloody flux cured.*

The fluxes of the body are no other but the distemperature of Nature, and are of two kinds; the one is caused of the distemper and evil quality of the Liver, and is called *Flusso Epatico*. The other is caused of great heat, feaver, and distemperament of Nature, and is called *Dissenteris*, that is, a distemper of the guts; and both these sorts are hard to be helped by the Ancient Doctors, as it is wel seene by those that practise; for they wil help them with repression and restrictives; but that is not the way, if we shal believe *Galen*, who saith, *Fluxus fluxum curat*, which is most true: For many hundre's have been cured of the flux by giving them *Aromatico Leonardo*, an i three or four doses of his *Syrupo Solutivo*.

But the Dissenteria or flux is cured with *Electuariu Angelica Leonardo*, and then every day after dinner stand in a bath of water of the sea, cold, two houres at least. This helps with much ease, and in a short time. But use it as a secret.

159 *Another for the bloody Flux.*

Distil Frogs as you do herbs or flowers ; or any thing else ; but you must put nothing to them but the frogs. Take two or three spoonfuls of this water in any thing you wil drinke, and you shal find present ease.

160 *A Medicine to cure the biting of all venomous beasts.*

As soon as the party feeleth himself bitten with any venomous beast, or as soon after as may be, take green leaves of a fig-tree , and press the milk of them three or foure times into the wound : And for this serveth mustard-seed mingled with vinegar.

161 *An approved Medicine for the Gout in the feet.*

Take an Oxē his paunch new killed and warm out of the belly, about the latter end of May , or beginning of June, make two holes therein, and put in your feet, and lay store of warm clothes about it to keep it warme so long as can be : use this for three or four daies together, for three weeks or a month , whether you have the fit or pain of the Gout at that time or no, so you have had it at any time before.

This hath cured divers persons, that they have never been troubled with it againe.

162 *A Pultesse for the Gout.*

Take new milk, white bread grated, and an handful of red Rose leaves ; boile them together to the thicknesse of a pultesse ; then spread them on a linnen cloth, and apply them to the place grieved.

164 *How to cure all kinds of Gout.*

The Gout, of what kinde soever, whether hot or cold, or of any other temperature, proceedeth of one only cause, although they work divers effects, which come through the complexions of those that have it : As for example, In fat men, it cometh alwaies with inflammation and rednesse, and great paine : In lean persons it cometh alwaies with paines, but with lesse inflammation : In cholericke and melancholick persons, it cometh with tumors, and that is *nocturnal*. The cause of this infirmity is an evil quality engendred in the stomach, in the liver, and in the blood : and the cure thereof is to ease the stomach of that evil, to purge the liver and the blood, and to mitigate the pain ; All which thou maist doe with these three remedies following ; viz. by *Pillole Magistrale Leonardo*, by the *Unction for the Gout*, and by the *Quinta Essentia solutiva* :

lative: The Pils discharge the stomock, the *Quinta Essentia solutivo* purgeth the Liver and the Blood, and the Unction taketh away the pain: for if you remedie the Cause, which is onely one, the effect wil cease.

The manner of using these is this: When you feel the pain begin to come, take two Doses of those Pils in the morning fasting, one day after another; or if you wil, rest a day or two, according to your strength. That being done, take every morning two drachms of the foresaid *Quinta Essentia solutivo* in halfe a porringer ful of broth made with Veal, and a little sugar; and this you must take five hours before meat: and keepe no straight diet, but eat reasonably. And every night after Supper annoyn the grief with the foresaid Unction for the Gout. And thus, by the help of God, and the vertue of these medicines, the Gout shall be cured.

165 *An approved Medicine for the Green sicknesse.*

Take a quart of Claret wine, one pound of Currans, an handful of young Rosemary crops, and halfe an ounce of Mace; seethe these to a pint, and let the patient drinkes thereof three spoonfuls at a time, morning and evening, and eat some of the Currans also after.

166 *The Green salve, which closeth up Sores, being wel drawne.*

Take halfe a pound of Waxe, one pound of May butter, set it on the fire and boile it: then take an handful of Plantane, halfe an handful of Ribwort, Brooklime and Smal-lage, of each as much; Valerian two handfuls, Organic, Tutsaine and three leaved grasse, of each an handful, ground Ivie half an handful, Elder-flowers while they be green, an handful; cut them smal and seeth them all together in the Wax and butter til they be ready to strain, then straine them, and keep the Salve either in gallipots, or in a round rol, rolled up in Parch-ment.

167 *To cleanse the Head, and take the Ach away.*

Chaw the root of Pellitory of Spain often in thy mouth.

168 *Harts-horn Jelly.*

Take two ounces of Harts-horn, filed (not scraped) very fine; steep it in a quart of faire water, and let it stand so all night upon hot embers, stirring it when you go to bed, and co-vering it: In the morning put foure pints of water more to it, then boil it a good space on the

the fire til it wil jellie, and when the liquor is almost three quarters boiled in, then straine it, and put to it a little Sugar, and as much juyce of Lemmons as wil make it sharpe, and a little Ambergreece: Then let it stand and coole, and so put it up for your use.

It is excellent good for those that are brought low with burning agues, giving them three or four spoonfuls fasting, morning and evening, and about nine in the forenoon, and three in the afternoone.

169 *To make a Potion that is good
against all Infirmities.*

This following Potion destroyeth all the evil qualities in our bodies, comforteth Nature, helpeth digestion, provcketh Urine, and loosneth the body: which things are most comfortable to the body. The order of making it is thus;

Take ten ounces of the seeds of Quinces, the pils of Citrons six ounces, Balm, nettles, of each four ounces; beat all these grossly, and infuse them in twelve pound of strong white wine, and there let it remaine six dayes; then distil it with six ounces of hony, and fifteen ounces of sugar, until you have received two pound of water; then take it from the fire, and let it coole, and again it by

a filter ; and then put therein the first water, and eight grains of Musk dissolved with about two ounces of Rosewater ; and then for every pound of the said Water, put thereunto one scruple of the oyl of Vitriol, and incorporate them well together ; then keep it in a glasse close stopped, that it take no aire : And of this you may take one ounce in the morning (cold) and fast thereon : for whosoever they be that shall use this in their health, shal seldome be sick, but shall live in much health.

For into this Composition there entereth the seeds of Quinces, which resolve the evil quality of the stomack, and make the heart merry : the Pomecitron pils preserve and help digestion ; the Balm purifieth the blood, healeth the Liver, causeth good digestion, and comforteth the heart : The nettles warme, provoke urine, mundifie the reins, and resolve the malignity of the sinewes. The Wine comforteth nature, strengtheneth the head, and sustaineth the strength. The Muske is warme by nature, and resolveth the windinesse, and purgeth the blood : The oyl of Vitriol healeth all the *Scoriations* of the mouth, the brest and stomack, and preserveth the body from all corruption. So by this you may see of what importance this Composition is, through the vertue of the Simples that are therein. So to conclude, I say,

this.

this is one of the best Compositions that can be made, because of its nature: It letteth alteration in our bodies, and helpeth against all diseases and infirmities, and prolongeth life.

170 *An exceeding good remedie against the yellow F.undice.*

Take one handful of red nettle-tops, Plantane and Saffron, and boil them wel in a pint of Ale, then strain it, and drink thereof for four or five dayes together, and you shall find help.

171 *An excellent receipt to destroy any Impostume.*

Take of the roots of Flower-de-luces, and roots of Lillies, of each a like quantity; stamp them together, and put therein a quart of honny: boyl them altogether either in wine or Ale: and when they are wel boiled, then take the liquor thereof and strain it thorow a fine linnen cloth; and when occasion serves, let the patient drink two or three spoonfuls at a time, especially in the morning and evening, first and last, and this will speedily cure it.

172 *To make an Issue.*

Take Rice flowers and mustard seed beaten to powder, and with water make a little paste, and lay a ring upon the place made of a rush, and apply it.

173 *A medicine for the Itch of the body.*

Take sweet butter, unwrought wax, vinegar, Brimstone, a little Rosewater, red Cloves whole; boil them together till they be like a salve, then annoint the flesh three sundry nights by the fire therewith, and no more.

174 *For kibed heels.*

Take a Turnep, make a hole in the top of it, take out some of the pith, infuse into that hole oil of Roses, then stop close the hole, rost the Turnep under the embers, when it is soft apply it plaister wise warm to the Kike; bind it fast.

175 *Of Waxing Kernels, called by some Scrophulae, their cure.*

These kernels are commonly in the throats of young children, being caused by superfluous melancholy humors corrupted, and are a kind

kind of Ulcers, very hard to be holpen, and evil to endure; for when they are broke they cause excessive pain, in that great abundance of humors runneth thereunto, and they are so hot and corrupt, that outward medicines alone wil never help them, because they proceed from an inward cause. Therefore if thou wilt help them, remove the cause first.

First then give them the Syrup against melancholly humors, which you shal find among the syrups in the Experiments of Conserving and Candyng: then iue them a dose of *Aromatico* fasting, which will evacuate the stomack of choller and flegm, and dry up those humors that run to the sores. The Medicines to be applyed are two; the first is *Costick*, which will mortifie it in 24 hours, and take away the corruption: but the *Askar* must not be taken away till it fall out it self. The other medicine to be applied to the sore is the black Cerot of *Godfredo de Medic.* which is also written in *Galen*. Thus it will be cured in a short time as hath been proved.

176 A speciall receipt to destroy Lice.

Take Frankincense and beat it into fine powder, and a good quantity of Bores grease: boil them together in an earthen pan, and when it is boiled anoint therewith the place where the lice are, and you shall be suddenly rid of them.

them. Or take Stavesacre beaten to powder, searced, and mingled with soap and Tobacco ashes, and annoiit often therewith, it will speedily destroy them.

177 *How to cure the Measles.*

In the curing of this disease, it being only necessary to defend the heart, and preserve the stomach from corruption and putrefaction, you shall use this receipt. Take Julep of Violets two ounces, Rose-water four ounces, Oil of Vitriol four grains, mix them, and let it be drunk cold. This is a most rare medicine.

178 *To cure the disease of the Mother.*

Take six or seven drops of the spirit of Castoreum, in the beginning of the fit, in two or three spoonfuls of posset Ale, applying a plaster of Gavanum to the Navel.

179 *For the dead Pulse.*

Annoiit the neck pit often with *Oleum Benedictum*, and that wil restore the speech; annoiit also the place affected oftentimes with mustard against the fire, and after that bath it with wine, and bath it again morning and evening (if the party be young) with *Aqua vita*; if old,

old, take a spoonful of *Aqua vita*, and half a spoonfull of Sage-water distilled, and bath it therewith; drink also every morning and night as much treacle as four Pease in some stale Ale.

180 *A plaister for a Eile or Pusb.*

Take a yolk of an egge, and half a spoonfull of English hony, mix them together with fine Wheat-flower, and making it to a Plaister, apply it warm to the place grieved.

181 *A very good Plaister to heal and dry up a sore, or cut suddenly.*

Take of Marigold-leaves, Potter-blades or leaves, and House-leek, of all two handfuls, beat them all very small in a morter, and put to them the whites of two new laid egges, and beat them very wel til they be throughly incorporated with the egges, and apply this till you be well. Renew it every day.

182 *A Plaister for the Stomack.*

Take of wood of Aloes, Wormwoo!, Gum-arabick, Mastich, Cyperus, Costus, Ginger, of each half an ounce; *Calmus Aromaticus*, *Olibanum*, Aloes, of each three drams; Cloves, Mace, Cinnamon, Spikenard, Nutmegs,

Gel.

Gallia Moschata, Schenanthis, of each one dram and a half; with rob of Quinces make it into an emplaister: and when you have spread it upon a cloth, perfume it with wood of Aloes, and apply it to your stomach.

183 *A Preservative against the Pestilence when it is first suspected.*

Take a half-penny weight of English Saffron, two pennie weight of Bolt Armanack, one penny weight of Mace, made all in fine powder, and of Treacle the quantity of a hazel nut, put them all in small Ale lukewarm, mix it well with the Ale, and let the partie drinke it, and lie down on a bed and lay upon him a temperate quantity of clothes, and so let him sweat two hours.

184 *An approved good drink for the Pestilence.*

Take six spoonfulls of Dragon water, two good spoonfulls of wine vinegar, two penny weight of English Saffron, and as much Treacle of Jane as a little Walnut, resolve all these together upon the fire, and let the Patient drinke it blood-warme, within twenty hours (or sooner) that he is sick, and let him neither eat nor drinke six hours after, but lie so warm in his bed, that he may sweat. This expelleth the disease

disease from the heart: and if he be disposed to a sore, it will straightwaies appear; which you shall draw out with a plaster of *Flos Unguentorum*.

186 *A medicine for the Plague.*

Take of Serwal grated one root, of Jane treacle two spoonfuls, of wine vinegar three spoonfuls, make all these more then luke-warm, steep them wel together, and drink them off at once: Sweat after this six or seven hours, and it will bring forth the plague sore. To break which lay a roasted Onion; also seeth a white Lillie root in Milk till it be as thick as a Pultis, and lay it to the same: If these fail, lance the sore, and so draw and heal it with salves for Botches or Boils.

186 *Signs of death in the Plague.*

Take a live Frog, and lay the belly of it next the sore; if the patient wil escape, the Frog will burst in a quarter of an hour; then lay on another; and this you shal do til more do burst, for they draw forth the venome. If none of the frogs do burst, the party wil not escape. This hath been frequently proved. Some lay a dried toad will do it better.

187 *A water to drive out any infection.*

Take Dragons, Angelica, Rue, Wormwood, of each a handfull, chop them pretty small, and steepe them in a quart of White-wine twenty four hours: then distill them in a Still, and reserve the water in a glaſs close stopped. Give to the ſick patient, fix or ſeven ſpoonfuls hereof, at a time fasting, and let him fast an hour and an half after, and keep himſelf very warm in his bed or otherwise.

188 *A Medicine for a Plurifie, Stich, or Wind-offending in any part of the Body.*

Gather the young ſhoots of Oak after the fall of a Wood, and picking out the tenderest and softest of them, especially thoſe which look reddeſt, bind them up together in a Wet pa- per, and roſt them in hot Embes as you do a Warden, whereby they will dry to a powder: of which powder let the patient take a ſpoonful in a little Posſet Ale, or Beer warmed, in the morning, fasting after it two hours or more, if he be able, doing the like about three afternoon, and two hours after ſupper, four or five dayes together: which thus done in the beginning of the diſease, is by often experiments found to cure ſuch windy paine in the ſide, ſtomach,

mack, or other parts of the body. You may dry them also in a dish, in an oven, after the bread is drawn; you shal do well so gather enough of them in the spring, and make good store of the powder then, to keep for all the yeare following.

189 *A great and sore Plurisie cured by M. R.*

A certain man of 24 years old, was vexed with a most grievous Plurisie, with a pricking, shooting and a cough, with a continual fever and inflammation of the tongue; First there was good store of blood taken from the liver vein on that side where the pain was; then were these syrups (that do decoct and purge) ministered unto him. Take *Syrupi de Liquoritiae, de Hysopo, acciosae ana*, one ounce; *Oximelitis squiliti, acer. squilit. ana*, three drachms, make thereof a loch. Of this he licked in the morning with a liquorice stick, which caused him to spit easily, and took away the heat or burning of the tongue, being used with this direction following; of French barley three ounces, *Carduns Benne. lictus M. Roses, Violcts. ana. P. 1.* Liquorice scraped three drams, three figs, Raisins a pound and a half, Sugar Candy two ounces: Boil them in sixteen pound of water, till two pound be wasted and so to drinke them cold. His diet was alio light and thin, as broth, and drink, &c.

190 To

190 *To take away Pock-boles, or any spots
in the face.*

Wet a fine cloth in white Rosewater, and set it all night to freeze, and then lay it upon your face till it be dry: also take three Poppies, the reddest you can get, and quarter them, taking out the garbge; then stiil them in a quart of new milk of a red Cow, and with the water thereof wash your face.

191 *A Pultis to stay fluxes proceeding
from a cold cause, to be ap-
plied to the Belly.*

Take toasts of Bread, steeped in vinegar six ounces, beat it in a mortar, and adde Mace, Mastick, Mirtle berries, stones of Raisins, Galany, Cloves, flowers of Pomegranates, of each one ounce; oil of Wormwood, and Mints, of each two ounces. Make a Cataplasm.

192 *For the heat of the Back.*

Take oil of Roies six ounces and an half, and put it to a little wax, and four drops of vinegar, and annoit the Back therewith.

193 *Aft-*

193 *Astma or the Ptisick, and its cure.*

This disease is cured four manner of waies : First by letting blood under the tongue, cutting those veins overtwart, and sucking them as much as may be; which evacuates and opens the opilarion of blood; and easeth the lungs of all the offending matter. Secondly, By taking a dose of *Aromatico Leonardo*, which evacuates the stomack of all evill qualitie that offend the lungs. Thirdly, By eating every morning for a moneth together, one ounce of *Electuariio de Althea*. Fourthly, By anointing the stomack every night with *Magni liquore*. For speeding the cure, take every ten daies a dose of *Electuariio Angelica Leonardo*; and keep a sober diet, refraining Fish, Pork, Slimie things, spice, baked meats, cheese, and such like, which nourish grossly, and infect the blood.

194 *A very good Poultissee for any Member fwell and inflamed, and not broken, to take away the pain.*

Take three pints of new milk, of stale Mancher crummes two handfuls, or so much as shall make the milk somewhat thick, adde thereto two handfuls of dried red Rose leaves, and

144 *Experiments in Physick,*

and three ounces of Oil of Roses; boil all these together to the thicknesse of a Poultesse, then let it stand and cool, and while it coolerth, take a spoonfull of oil of Roies, and with a warm hand, rub the place grieved till the oil be dried in, and then lay the Poultesse as warm as you may indure it to the part inflamed: do this morning and evening for three or four dayes, as you shall see cause.

195 *An especiall medicine for all manner of poysone.*

Take Hempseed, dry it very well, and get off the Husks, and beat the Hempseed into fine powder; take Mints also, dry them and make them into powder: Boil a spoonfull of either of these in halfe a pint of Goats-milk, a pretty while, then put the milk into a cup to cool, and put into it a spoonful of Treacle, and stir them together till it be cool enough; then drink it in the morning fasting, and eat nothingt ill noone, or at least two hours; do the like at night, and use it so three dayes, and it wil kill and overcome any poison.

196 *A very gentle purge. Gerard*
pag. 1115.

Take Boorage, Bugloss, Balme and Fumitory, of each three drachms, Sence of Alexandria well prepared and powdered two ounces, strow the

the powder upon the herbs, and distill them, reserving the water to purge with, for such as cannot endure strong purges, it being taken in white wine, Sugar, or some other dainty waies, not offending the taste: you may, according to the nature of the disease add Agarick, Mirabolanes &c. If Sene be infused in whey, and then boiled a little, it is very good Physick for melancholy, purging the Brain, Heart, Liver, Lungs and Milt, it causeth a man to look young, breedeth mirth, clearereth the sight, & strengtheneth the hearing, it is very good against old Agues, and all diseases caused by melancholy.

197 *The purge for a Plurisie, Stitch, or Wind:*

It may be given any sound man or woman, at any time, in temperate weather, not keeping their Chambers for it.

Take a quart of running water, two handfuls of Curtans well picked, Sene, Liquorice, and Annis seeds, of each half an ounce, and the quantity of two Races of Ginger sliced: boil all these together till the liquor come to a pint, then let it run thorow a Colender, & drink it three mornings equally, being warmed, taking only an hour or two after it, a little thin broth.

200 *Another Purge.*

Take half an ounce of Sene, two handfuls of Annis-seeds, as much Fennel seeds, both

H

bru-

bruised, a stick or two of Liquorice scraped, sliced and bruised, put them into a pint of Beer, boil them, scum them wel, and let them seeth til there be but a pretty draught left to drink at one time; then take an ounce and a half of Manna, dissolve it in three or four spoonfulls of the hot liquor, and strain it thorow a thin cloth into the rest: then straining the liquor thorow a Colender from the other matters, put into it four spoonfulls of syrup of Roses, and drink it while it is warm, taking a little thin broth after it.

201 *The purge of Aſſarabacha, which
the Lady A.D. used to rectifie
her ſtomack any way
offended.*

Take the weight of eight pence of Aſſarabacha leaves; stamp them and strain out the juyce of them with a little fair water or warm broth, and mixing it with a little ſoft English hony, warm it, and drink it fasting; taking a little warm posſet drink after it; and now and then a little more, at times betweene the Vomits.

202 *The Apothecaries Gascon's powder,
with its uſe.*

Take of Pearls, white Amber, Harts-horn, eyes of Crabs, and white Corals, of each half

half an ounce ; of black thighs of Crabs calcined two ounces ; to every ounce of this powder, put a drachm of Oriental Bezoar : reduce them all into very fine powder, and searce them, and with Harts-horn jelly, with a little Saffron put therein, make it up into a Paste ; and make therewith Losanges or Trochises for your use.

You must get your crabs for this powder, about *May* or in *September* ; take them before they are boiled : When you have made these, set them neither by the fire, nor in the Sun, but in a dry air, 'till they grow hard. The dose is ten or twelve graines.

203 *A powder for a Rupture.*

Take Shepherds purse, and Doves foot, of each a like quantity, dry them until they rub to a powder, and drink thereof half a spoonful in half a pint of broth.

204 *A remedy for one that is burst.*

Take nine red snailes, put them betweene two Tiles, so that they slide not away, so dry them in an oven, then make them into powder ; then give of that powder the quantity of one of those snailes in a draught of white wine to the party, every other morning fasting, who must not eat nor drink for two hours after.

205 *To kill the Ring-worm, and
the heat thereof.*

Take a quart of white-wine Vinegar, boil therein of Woodbine leaves, Sage and Plantane of each one handful, of white Coperas one pound, of Alum as much as an Egge: when it is boiled to half a pint, strain out the liquor, and therewith wash the sore as hard as you can suffer it.

206 *Rubarb and its vertues.*

The herb called in the Italian tongue *Lappacia Magiore*, or *Rombice domestica*, is a kind of Rubarb, which among the learned Herballists is termed by the name of *Rba recentiorum*, whereof one drachm when it is new will loosen the body, evacuate choler, as the Rhabarbarum doth. It is very good against opilations, it purgeth the blood, and takes away scabs.

You shall have most precious medicines thereof, if you mix the green root with hony, Cinnamon, Saffron, Ginger, and the powder of Roses. If you rost the root in the embers, and mix it with condited sugar, it breaketh waxing kernels (called *Scrophule*) and mundifies them, and healeth them in a short time. Some do mix it with the gumme called *Ammoniacum*, and so do bring it into the form of an Unguent and app'ye it to the parts affected with *Scrophule*.

207. *An approved good medicine for running of the Reins.*

Make Almond milk of Plantane water, or else boil plantane in the liquor whereof you make your Almond milk; take a quart of it, and put thereto three spoonfuls of Lentine Farine, and three spoonfuls of Cinnamon water: take of this at six in the morning a good draught, two hours before dinner another, at four of the clock afternoon a third, and two hours after supper a fourth: and twice or thrice between meals eat a spoonful of conserve of red Roses at a time.

208. *A medicine for burning or Scalding.*

Take Maidenwort, stampe it, and seethe it in fresh butter, and therewith anoint the place grieved presently.

209. *To take away the heat of a burn, or out of a scald.*

Roast eggs as hard as a stone, then take out the yolks of them; then take a frying pan, and put in the yolks of the hard eggs, and so let it fry till it come to an oil, then strain it, and anoint the burn with it, then take a bladder and annoint it with sallet oil, and lay it to the burn.

210 *For one burned with Gun-powder or otherwise.*

Take one handfull of Groundsel, twelve heads of house-leek, one pint of goose dung, as much chicken dung, of the newest that can be gotten; stamp the herbs as small as you can, then put the dung into a Mortar, temper them together with a pottle of Bores greaie, labour them together half an hour, and strain it thorow a canvas bag with a cleft stick into an earthen pan, and use it when need requireth: It will last two years.

211 *For the Scall or Scabbiness of the head.*

Take of red Sage, Woodbine leaves, and ground Ivie a like quantity, in all so much as a good handfull; boil them in a pint of Hogs grease a quarter of an hour, then strain the medicine from the herbs into a galli-pot, and herewith daily annoint the head. *Probatum.*

212 *An approved receipt for a scald head.*

Take a candle, and let it drop upon it as hot as you can, in so doing it will scale off; then take the stale of a cow, and the furring of a whole chamberpot, boil these together and wash the place, and it wil straightway cure it.

213 *To heal the white Scal.*

This noisome malady is perfectly cured by purging the patient with *Aromatico Leonardo*; and anointing his head with his *Oleum Philotophorum*, or his artificial *Balsum*, or his *Oleum Benedictum*.

214 *The black Salve.*

Take one pound of red lead, finely ground, of oil of Roses one pound and a half, of Bee wax half a pound, of white wine vinegar six ounces, boil them all together, and make a plaster of it.

215 *A Salve for rankling where the skin is rubbed off.*

Take one pound of May-butter, clarify it, and take the purest of it, put thereto three ounces of English Wax, two ounces of Rosin, clarified by themselves, boil them all together, coole it and keep it in a Cake for your use. This also is a very good Lipsalve.

216 *A Barley Cream to procure sleep: or Almond milk.*

Take a good handfull of French Barly, wash it clean in warm water, and boil it in a quart of faire water to the half, then put out the water from the Barly, and put the Barly in-

to a pottle of new clean water, with a Parsly and a Fennel root clean washed and pick'd, with Borage, Bugloss, Violes leaves and Lettice of each one handfull, boil them with the Barly til more then half be consumed; then strain out the liquor, and take of blanched Almonds a handful, of the seeds of Melons, Cucumbers, Citruls and Gourds husked, of each half a quarter of an ounce; beat their seeds and the Almonds together in a stone Morter, with so much Sugar and Rosewater as is fit, and strain them thorow a clean cloth into the liquor, and drink thereof at night going to bed, and in the night. If this doth not sufficiently provoke sleep, then make some more of the same liquor, and boil in the same the heads, or a little of white Poppie.

217 *An outward medicine for the same.*

Take red Rose-leaves or Cakes, and fine white bread crummes, mix them well together, and wet them throughly with red Rosewater and Vinegar, and womans Milk if you can get it: then taking off the cold of it, lay it to the Temples of the head.

218 *A Receipt for a backward busines.*

Take a pint of Milk, and make a clear posset with either Ale or Beer, and take off the curd very clean; then take a handfull of Violet leavies, a handfull of Mallow leaves (and the flowers

flowers if you will) and wash them; also take a handful of Damask Rose leaves, either dried or otherwise, and a good spoonful of Annis-seeds rubbed from their dust, and then bruised in a morter, and so boil all together in the posset drink, til it come to somewhat less than a pint: then take it off from the fire, and put into it three spoonfuls of red sugar, then strain it out, and put into it three spoonfuls of the oyl of Camomile flowers: and if you have none of that oyle, then take as much Butter as two walnuts; also take the yolks of two new laid eggs, and beat them; then mingle all wel together with a spoone, stirring it throughly, and then put it into the bladder, and so take it, but not too hot. Though red Sugar be best and most usual for Glisters, yet if you have none of that, as much course powder Sugar wil do it very wel.

219 *A Glistter to open and loosen the Body
being bound, which may safely be mi-
nistred to any man or woman.*

Take Mallows and Mercury unwashed, of each two handfuls, half a handful of barley clean rubbed and washed: boile them in a pottle of running water to a quart, then straine out the water, and put it in a skillett, and put to it three spoonfuls of sallet oyl, two spoonfuls of honey, and a little salt: then make it lukewarme, and so minister it.

220 *A cooling Glister in hot diseases.*

Take Mallows, Violets, Lettice, of each a good handful, of the four greater cold seeds, of each half an ounce; twenty Pruins, Violet and Bugloss flowers of each a small handful; boile them to a pinte, and put in kitchin Sugar one ounce, and oyl of Violets three ounces. Or take barley and Linseed of each two ounces; boil them, and to one pound put an ounce and half of Sugar, one yolk of an egge, common oyl three ounces, salt one handful; take milke warmed one pound, sugar and syrup of Violets, of each two ounces. Mak: a Glister to cool.

221 *A Medicine that hath healed old sores upon the Leggs, that have run so long, that the Bones have been seen.*

Take a quantity of good sweet Cream, and as much brimstone beaten in fine powder as wil make it thick like paste, then take so much sweet butter as wil work it into the form of an ointment, and herewith annoiint the place grieved twice a day.

222 *Of the hidden secrets of Frankincense.*

The Pine is a tree which by nature is incorruptible, and the gum that runs from it is of great vertue and streng: h, because it preserveth those things wherein it is put; and when his elements are separated out of that gum, the physician

cian may work strange things therewith against most part of infirmities that happen to mans body, if he apply them where they are convenient: for the water being drunk, helpeth wind in the stomach. Also it helpeth the white scal, and all such like scabs, if they be washed therewith morning and evening. It drieth up Ulcers; also is of marvellous vertue against chilblaines and kibed hecles, and chaps, and such like, in the hands or feete, that come through cold; being thus used: First perfuse the parts that are sore over the fume of hot water, so that they may sweat, then dry them and wash them with the aforesaid water, and annoint them with the oyl, and put on a pair of gloves or such like, and in very short time they shal be whole. The air helpeth much in wounds in any part of the body, because it preserveth the flesh from putrefaction, and keepeth it from alteration, and taketh away the pain, and healeth the sore: Also it preserveth the face, if it be annointed therewith. Moreover it is marvellous in old diseases inwardly, if ye give thereof every morning a drachm, with halfe an ounce of *Vegetabile Syrupo Leonardo*. The fire cureth sores and such like, and the earth remaineth in his state. Ye shal understand, that these are great secrets of importance which I have revealed of this Gumme, and happy shal he be that useth them in the time of neede. Now the order to make this oyl is thus; Take

as much Frankincense as thou wilt, and put it into a Retort of glasse, with the fourth part of common ashes, and set it to distil, and give it first a smal fire until the oyle change colour: then presently change the Receiver, and augment the fire until all the substance be come out. Ye shal understand, that this oyle is best fresh; for when it is old, it wil wax thick, and cannot pierce so wel.

* 223 *The secrets of Mercury, or Quick-silver.*

Quick-silver is a liquid Mineral, and volatile, which the Alchymists cal *Sulphur volatilis*, and wil accompany with all other metals; but with smal fire they may be separated again, and wil fly away in fume; and for that cauise the Philosophers cal it *Servus fugitivus*, as a man would say; it can hold friendship with stone; but so soone as he hath done his service he flyeth away, as it is seene by Gold-Smiths that gild plate: for when they have laid him on with the gold, they put it to the fire, and he flies away; and the like it would do when any man doth occupie him in any sort of infirmitie: and the order to calcine it is this:

Take a long pot of stone that is very wel glazed, with the neck a foot and halfe long, and that hath a very narrow mouth, as is possible, and put therein two or thret pound of Quick-silver, then set the same pot in a sal-

ler of Iron, and lute them close together, and set it upon a furnace, and give them fire according to art, until the Quick-silver remain calcined; having special care that your head and receiver be very wel luted, lest you lose some part of the Quicksilver; and thus in eight daies it shal be finished, which shal be apt for solution. Also this calcination serveth to divers and sundry medicines; it mortifieth corrosive Ulcers without any paine. The solution is made in this order.

Take the said Calx, and put it into a long neck'd glaſs, and put thereon distilled vinegar, and set it in warm ſand four and twenty hours, and then give it one walm, and when it hath boil'd, pour out the vinegar, and then if there remaine any feces in the bottom, put in fresh vinegar, and do as thou didſt before; and this thou ſhall do ſo often, til it be diſſolved into waſter; and when all is diſſolved, evaporate away the vinegar, that there remain but little in the bottome, then put thereto water of honey, made by diſtillation, and ſo the ſolution of Mercury ſhall be finished, which is miraculous in many infirmities. It ſerves againſt the cough, Catarrhe, and for thoſe that have their ſtomacks purified with the Pox, uſing it with other ſyrups and poſtions. It helpeth thoſe whose milt is indurated; and alſo for thoſe that have any kind of Fiftala in any part of the body: It is alſo good for divers other things which I will not

not insert here, because others should endeavour too, by exercise to find out other secrets thereof as I have done.

224 *To make the representation of the whole world in a glass.*

Take of the purest salt Nitre as much as you please, of Tin halfe so much, mix them together, and calcine them hermetically; then put them into a Retort, to which annex a glass receiver, and lute them wel together: let leaves of gold be put into the bottome thereof; then put fire to the retort, until vapours arise that will cleave to the gold: augment the fire till no more fumes ascend; then take away the Receiver, and close it hermetically, and make a lampe fire under it, and you wil see presented in it the Sun, Moone, Stars, Fountaines, Flowers, Trees, Fruits, and indeed, even all things; which is a glorious sight to behold.

225 *A plaster for the spleene.*

Take dry Lillies, Marsh-mallow roots, Alisander seed, of each one ounce, of the bark of Elme, the bark of Alh, Broomseed, of each two ounces; all these being in powder, let them be sodden in strong vinegar, then put thereto half a dram of powder of Cummin, one ounce and an halfe of the powder of the barke of Capers, three drachms of the powder of Rue, then put thereto one ounce and three drachms

drachms of Gum Armoniack dissolved in vi-
negar, tempering it with wax and Turpentine,
make thereof a Plaister.

225 *An excellent good Plaister against the stone.*

Take Plantane, Fetherfew, Garden Tan-
sie, and Housleek, of each of them a like quan-
tity, then stampe them all together, and strain
them, take the juyce thereof, and put into it as
much beane flower as shal make it thick, then
put three or four spoonfuls of honey, and clari-
fie the same upon the fire, then boil them all to-
gether, til they become stiffe like a plaister, then
put it into a galli-pot, and when you use it,
take a cloth double of the breadth of a quarter
of a yard, and as long as to goe round about
you, and spread the plaister upon it, and sow it
up hard about the middle, and so weare it two
daies and one night, and you shal find much
ease thereby.

226 *In a fit of the stone, when the water stops.*

Take the fresh shels of Snails, the newest
wil looke of a redish colour, and are best: take
out the Snails, and dry the shels with a mode-
rate heat, in an Oven after the bread is drawn.
Likewise take Bees and dry them in the same
manner, and beat them severally into powder:
then take twice so much of the Bees powder as
of the Snails, and mix them wel together; keep
it close covered in a glaſs, and when you use it,
take

take as much of this powder as will lie upon a six pence, and put it into a quarter of a pint of the distilled water of Bean flowers, and drink it fasting, or upon an empty stomach, and neither eat nor drink for two or three hours after. This will both cause the urine to come away, and bring the gravel or stone away with it, and hath done very much good.

227 *A Medicine for the Stone.*

Pellitory of the wal, Smallage, Holioaks, Mallows, Tansie and Saxifrage, of each take an handful; chop them smal, and quilt them in a little linnen bag: then take three pints of Cream, halfe a pint of Malmesie, a quarter of a pint of running water, and set them on the fire; and when it doth seethe, then put the bag of herbs into the pot, & when the bag is throughly hot, wring it between two trenchers over the pot to save the liquor: then lay the bag to the grief as hot as you can suffer it; and as soon as it coolleth, make it hot again in the same liquor, and so apply it to the griefe.

228 *Another very good medicine for the Stone.*

Make a posset of a quart of Rbenish wine, a pint of Ale, and a pinte of milk; then take away the Curd, and put into the drinke two handfuls of Sorrel, one handful of Burner, and halfe a handful of Baulm: boil them together a good while, but not too long, lest the drink be

too

too unpleasant: then take of the drink a quarter of a pint, or rather halfe a pint at once, at morning and to bedward, putting therein first two or three spoonfuls of juyce of Lemmons. This is an excellent medicine for the Stone in the Kidnies, to dissolve and bring it away. It is very good in these diseases of the Stone to use Burnet often in your drink at meals; and often to steep it in over night, and in the morning put in three or four spoonfuls of juice of Lemmons, and to drink thereof a good draught every morning a week together, about the Ful Moon, three daies before, and three daies after.

239 *To dissolve the Stone, which
is one of the Physicians
greatest secrets.*

Take a peck of green Bean Cods, wel cleaved and without dew or rain, and two good handfuls of Saxifrage, lay the same into a Stil, one row of Bean Cods, another of Saxifrage, and so distil one quart of water after this manner; and then distil another proportion of Bean Cods alone, and use to drink of these two waters. If the patient be most troubled with heat of the reins, then it is good to use the Bean Cod water distilled alone more often, and the other upon coming down of the sharp gravel or stone.

230 *A stove to sweat in.*
I know that many Gentlewomen, as
well

wel for clearing of their skin, as cleansing of their bodies, do now and then delight to sweat, For which purpose I have set down this manner following, as the best that I ever observed. Put into a brass pot of some good content, such proportion of sweet herbs, and of such kind, as shal be most proper for your infirmitie, with some reasonable quantity of water; close the same with a cover fit for it, and wel luted with paste made of flower, and whites of eggs. At some part of the cover you must let in a leaden pipe, (the entrance whereof must also be wel luted;) this pipe must be conveyed thorow the side of the chimney where the pot standeth, in a thick hollow stake of a bathing tub, crossed with hoops in the top, according to the usual manner, which you may cover with a sheet at your pleasure. Now the steame of the pot passing thorow the pipe under the falee bottom of the bathing tub, (which must be bored full of big holes) will breath so sweet and warm a vapour upon your body, as that (receiving aire by holding your head without the tub, as you sit therein) you shal sweat most temperately, and continue the same without fainting. And this is performed with a smal Charcole fire maintained under the pot for this purpose. Note, that the room should be close wherein you place your bathing tub, lest any sudden cold should happen to offend you whilst your body is made open and porous to the air.

231 *Against surfeiting and indigestion.*

Take the bottome of a Wheaten loafe, and toast it at the fire til it be very brown and hard, then take a good quantity of *Aqua vita*, and put upon the same so toasted, and put it in a single linnen cloth, and lay it at the breft of the patient all night, and with the help of God he shall recover, and shall vomit or purge soon after.

232 *To make a tooth fal out of it self.*

Take wheat flower and mix it with the milk of an herb called Spurge, make thereof a paste, and fil the hole of the tooth therewith, and leave it there, changing it every two hours, and the tooth wil fall out.

233 *To take away the cause of the pain in the Teeth.*

Wash the mouth two or three daies together in the morning every month with white wine, wherein the root of Spurge hath been sodden, and you shal never have pain in your Teeth.

234 *For a hollow Too: b.*

Take two or three drops of *Aqua fortis*, and dip a little lint therein, and stop the hollow place therewith, and for an hour or thereabouts it wil put you to some pains; but in a very short space after it wil give you ease. Use this twice or thrice, and it wil quite expel the pain for ever after

235 *For the Rheume in the Gummes and Teeth.*

Boile Rosemary in fair water, with some ten or twelve Cloves-slit; and when it is boyled, take as much Clarret wine as there is water left, and mingle with it; and make it boile but a little againe, then straine it into some glasse, and wash your mouth therewith morning and evening; this wil take away the Rheum in a short time. And if you boil a little mastick therewith, it is the better.

236 *To cure a Tetter.*

Take a quarter of an ounce of Mercury, and a penny weight of Camphire, make them into a powder, and rub them in a porringer, and mix them with four or five spoonfuls of water of the Vine, stir them wel together, then put as much more water to that, and straine them through a cloth, then take a quarter of an ounce of Poppy-seeds, with a spoonful of the water of the Vine, and beat it in a morter, till you have spent the quantity of a pinte; adde to it halfe an ounce of milk Cokernut, mix them together, and straine them, and keep it in a glasse for your use.

237 *Tobacco, its vertues and uses.*

Take of the green herbe and roote three pound and an half, stamp it in a mortar with a little salt, then put it in a glasse with six ounces

of

of the spirit of wine, and set it a whole month in horse dung to putrefie; Then distil it in Balneo til all the substance be come out; and put as much *Oleum sulphuris* into it as wil make it tart; then keep it close from air. A spoonful every morning wil help against the Fever in a short time. It speedily cures Ulcers or Scabs, by drinking a spoonful every morning, and washing the sores therewith.

238 *A Diet for the Patient that hath Ulcers or wounds that wil hardly be cured with Ointments, Salves, or Plasters.*

Take one pound of Guaicum, boile it in three pottles of Ale, with a soft fire, to the consuming of two parts: but if it be where you may have wild Whey, or Cheese Whey, they are better: let the Patient drinke of this morning and evening halfe a pint at a time, and let him sweat after it two hours. His drinke at his meals must thus be used; put into the same vefsel where the former was made, to the Guaicum that is lefe, three pottles of Ale (and not whey) let it boil to the one half; let him drinke thereof at all times, and at his meals, which must be but one in a day, and that so little, that he may rise hungry: this must he do five daies together: but he must first be purged.

239 *To help ulcers of all sorts.*

Seeing Ulcers are of divers and sundry kinds;

kinds ; it's necessary to know of what kind and quality they are, so that thou maist help them in form and order convenient. And first of the corrosive Ulcers, as of a wound crenenated of *Mal di formica*, and of other sorts of Ulcers that go creeping on the flesh ; the cure of these is, by applying quickly *Caustick* to mortifie the evil ; which thou shalt do thus, Wet a little bumbast in the said *Caustick*, and therewith wash all the sore, and then leave it so open four and twenty hours without binding it fast, and when twenty four hours are past, wash the sore with strong vinegar and water of an equal quantity, with great care that there remain none of the *Caustick* in the sore : then lay thereon butter washed with a Colewort leaf, until the askar or dead flesh fal ; then take *Cerrot Magistrale*, with a little *Precipitate* strewed thereon, and then annoint it with *Magno Liquore*, and lay it upon the sore ; for this Cerot helpeth all manner of corrosive Ulcers, without any other help ; and every plaister wil serve three or four daies, taking them off every twenty four hours, and making them clean, and then lay them on again. As for the filthy Ulcer abovesaid, you shal dresle it only with the *Unguento Magno Leonardo*, which (without any other help) wil heal them quickly : but you must every toure daies touch them with *Aqua-fortis* drawn from *Precipitate*, which water draweth forth the offensive matter, and leaveth it purified and clean.

clean. As for all other sorts of Ulcers, *Magno Liquore Leonardo*, with Balm artificial, oyl of Wax and Turpentine, the black Cerot of *Godfredo di Medic.* and the before-said *Cerot Magistrale with Precipitate*, are able to help, be they never so evil.

240 *An approved Remedy to stay Vomiting, by M. R.*

A man of thirty years old was troubled a long time with sore vomiting, throwing up presently whatsoever he ate or drank, and was relieved by this receipt. Take of Malmsey six ounces, oyl of Vitriol six drops or more; mix them together, and take thereof every morning fasting an ounce, or thereabout, and in short time it wil stay the vomit.

241 *A Receipt for to make Vomits.*

Take of the galls of *Antimony* pounded as small as may be, five grains; infuse the same all night in four ounces of white wine, shaking it divers times: early in the morning pour out all the clear part, wherunto add one ounce of *Oxi-mel Fuliniqans*: so take it, drinking after every vomit a draught of posset-Ale.

Or take of *Mercurius vita* five graines in a spoonful of white wine. Or take two ounces of *Crocus Metallorum*; Or take warm water wherein a Rhadiih root hath been boiled, adding to it a little sallet oyle; also a little *Oxi-mel*

met of the Squill may be added. This vomit is taken specially for the weakness of the Stomach, and for four or five daies together, it is taken for expelling the flagmatick and maligne humors.

243 *To kil Warts, an approved Medicine.*

Take a Rhadish root, scrape off the outer side of it, and rub it all over with salt, then set it (thus dressed) upright in a Sawcer, or some other small dish, that you may save the liquor which runneth from it, and therewith annoiint your Warts three or four times in a day, (the oftner the better) and in five or six daies they wil consume away. *Sapo Probatum.*

243 *For one that cannot make water.*

Take the white strings or tilmy roots of Primroses, wash them very clean, and boil of them half a handful in a pint of Beer or white-wine, til half be consumed; then strain it thorow a clean cloth, and drink thereof a quarter of a pint somewhat warm, morning and evening, for three daies: and it wil purge away all viscous or obstructious stopping the passage of the water. *Probatum.*

244 *An excellent medicine for a child that cannot make water.*

Kill three or four hive Bees, then dry them upon an hot slate: being thorow dry, bruise them to small powder, then put the powder into a quart of small Ale, and give it the patient

to drink, and he shal have present remedy.

245 *For one that pisseth blood.*

Take Toutsain, Sanguinary and Parsley, of each one handful, stamp them together very smal, and mix the herbs, juyce and all together with warm Goats milke, and drink a good draught thereof fasting every morning.

246 *To kill the wild fire.*

Take Plantain, Sorrel, Marigold leaves, of each one handful, stampe them and strain out the juyce, and boil it with twice so much vine-gar, and put it up in a glasse for your use.

247 *How to order a woman with child, before, in, and after her labour.*

To preserve the infant, and prevent abortion, take Coriander seed prepared 2 drachms, of the root of Bistort, the shavings of Ivory, and red Coral of each a drachm ; of white Amber, Chrystal, of each a scruple ; *Alkermes* half a scruple, Sugar dissolved in four ounces of Rose water ; make tables, each of them weighing a drachm. Let the patient take one every other day morning and evening : between whiles let her sup up a rathe new egge, thickned a little with *Magisterium of Pearl*, or fine powder, or red Coral. But if her breasts after their filling should begin to lessen and fal, it is a signe of future abortion ; to prevent which, let her take

root of Bistort, and Corianders, of each two drachms ; of unripened Gales, red Sanders, and Hipocistidos, of each one drachm, Gum Labdanum, Mastick, of each halfe an ounce; choice Frankincense, Bdelium (the Gum of a tree in *Arabia*) of each two drachms ; Coral, Amber, of each one drachm : Powder those which are to be powdered, and with oyl of Turpentine and Wax make two or three Cere-clothes ; apply them sometimes to her loins and sides, and sometimes under the Navel. She must avoid all sudden and violent motions both of the mind and body, as Coughs, sneezings, Frights ; also splices and strong wines. And thus much before labour.

In labour, to procure ease and speed, take three or four drops of the distilled oyl of Nurmegs in a spoonful of white wine. Or, Take white Dictamne root, Stones of Dates, Borax, of each two scruples ; Cinnamon, Cassia lignea, Amber, fine pearl, of each one scruple ; Saffron half a scruple ; make a smal powder, which divide into two equal parts ; and let her take one part in a draught of the water of Lilies or posset Ale made with Rhenish wine ; and the other part let her take about six hours after, if need require.

If she should be subject to fainting or swooning before or after labour, take now and then a spoonful of this excellent Cordial following: Take Borage water, Rose water, Straw-
berry

berry water, and Rhenish wine, of each two ounces ; species of *Diamargaricum frigidum* one scruple ; make a warm infusion for the space of an hour, then strain it, and add thereunto *Manus Christi* made with Pearl four ounces ; Syrup of Baum one ounce, Syrup of Gilliflowers, two ounces ; Oriental Bezoar, Unicorns horn, and Ambergreece, of each six grains. Make a Cordial Julep.

Many times after labour great pains follow women newly delivered, for which this plaine simple remedie is very good : Drink a good draught of beer boiled with a spoonful of Camomile flowers ; and in greater pains let her drink six ounces of the oyl of sweet almonds fresh drawn.

To dry up milk, a quick and safe remedy is new sponges wet in vinegar (where a handful of Comminseed boiled is bruised tyed close to the brests, anointing them with *Unguentum populeum*).

To procure store of milk, use posset drink made and boiled with Fennel, and the sweet seeds of Annis and Fennel. These Remedies are apporoved to be safe, sure, and forcible to effect what is propounded.

248 To bring a woman to a speedy birth.

Take of Piony root dried, as much as half an Almond, beat it to very small powder, and give it the woman to drink in an Aleberry.

249 *For the same.*

Take Hysop, Vervine and Betony, of each one handful : stamp them smal with some old Ale, and strain out that Ale and juyce, and put as much more ale, as wil make a pretty draught, and let the woman in her labour drink it, and she shal be speedily delivered.

250 *For a dead child in a womans body.*

Take juyce of Hysop, temper it in warm water, and give it the woman to drink.

251 *A medicine for a woman in travell
so make her have Throwes.*

Take Coral, Amber, Date-stones, Pearl, Piony seeds, Saffron, Commine : beat all these in powder, and put it into Malmesie, and take Unicorns horn, and put it into a spoon with a little Malmesie, and give it to her ; and presently let her drink a draught of the Malmesie with the powder aforesaid, warming it a little.

252 *A medicine for the falling downe of
the Matrice to the bearing place.*

First take chickweed and leeth it in an earthen pot ; then lay of it upon a piece of scarlet, as hot as the party may suffer it : Let her take it to the privy place ; and as one plaister cools so lay on another, and use it.

253 *Another to be Laid to the Navel, and to the back right against the Navel for the same use.*

Take an Onion, and rost it very tender ; then take of Alyssander seeds and bruise them in a wodden dish, and mingle the onion and bruised seeds together, and lay it upon a piece of linnen cloth ; so lay it to the Navel a little warm : rowl that on, and let it lie on four and twenty hours ; then change it and take a new one til it be cured. It availeth much, that the midwife hold Musk below (tyed in a little Lawn) to draw down the child.

Take Torchwort, and lay a leaf of it to the crown of a womans head warm, to stay other flowers.

254 *Immoderate flux menstrual suppressed or stayed.*

Take the roots of Orpine and Comfry thin sliced, Clary, of each as much as you please ; boil them with a Chicken, and with that broth make Almond milk, and to every handful of Almonds add one scruple of Labdanum ; grind them wel together, and drink thereof morning and evening. Also annoint the reins and grieved parts with this oyntment : *Unguentum album camphoratum* two ounces, *Saccharum saturni* two drachms ; mingle them and make an ointment.

255 *For a woman that bath too much
of the flowers.*

Burn the foot of a Hare to powder, and drink thereof with red wine and Cinnamon, first and last, nine daies; and it wil help her.

256 *To stop the whites in Women.*

Fry Hemlock in fresh swines grease, lay it as hot she may suffer it to the secret place.

257 *Another for the same.*

Of new milk of a red Cow take a quart, ten spoonfuls of red Rosewater, or Pomegranate pil beaten, and a little Cinnamon beaten, and leech it half away: sweeten it with sugar, and drink a draught morning and evening, and two whites of eggs beaten.

258 *To make Pomatum.*

Take the Leafe of a hog new killed, lay it in water nine daies, keeping it close covered, and shifting it three times a day; then take it out of the water and beat it with a wooden pestel in a stone morter; then put into a great galli-pot a branch of Rosemarie, halfe a pound of Almonds blanched and beaten, a quarter of a pint of Rosewater, three or four large Mace bruised, a grain of Musk bruised, and upon them all put in the hogs leaf so beaten, and cover it close: Then take a brass-pot,

fil it so ful of water, that the galli-pot may stand two or three inches above the water in the same pot, set the brasie pot on a Charcole fire, or such another fire as may make it seethe apace, and have no smoakie brands about it. Set a waight on the top of your gallipot, leſt it swim and fall, and then let the brasie pot boile so fast as may make the gallipot ſeeth alſo, and ſo let it ſeeth three hours, keeping in a kettle by on another fire, ſome ſeething water, to fil up the brasie pot ſtill as the water ſhall evaporate out of it by ſeething; then take out your gallipot, ſtir the ſtuffe in it wel together, and strain it thorow a fine cloth (which you muſt be ſure muſt have no holes in it) into another gallipot, of the ſame ſize: and ſet that with the matter ſo strained in it, into the brasie pot close ſtopt, & let it boile for an hour, then pour it into little gallipots for your uſe, but bind them not up til they be througħly cold.

*Severall Compositions of great Uſe
in this ſecond part of this Manuel.*

259 *Magno Liquore, which is of
great vertue.*

Take ſweet Sallet oyl twenty pound, white-wine two pound, boil theſe together un-

til the wine be consumed, then put it in a vessel of stone, and put thereunto these things following.

Take the flowers of Rosemary three pound, Lignum aloes six ounces; Olibanum, Bdelium, of each ten ounces; then stop it very close, and bury it in the ground four foot deep; and this would be buried in the beginning of August, and there remain until the month of March, then take it forth of the ground, and set it in the Sun, and put thereto these matters following. Sage, Rosemary, Rue, Betony, Millifoly, Comfery roots, Tamaro, Viticella, of each one handful; Gallingal, Cloves, Nutmegs, Spikenard, Saffron, one ounce; Sarcocolla, Sanguis Draconis in grain, Mastick, one ounce; aloes hepatick, *Rasa di pino*, of each eight ounces; yellow wax, *Auxungia*, of each eighteen ounces, *Catophony* one pound, Hypericon with the seed and all, one pound, Musk one drachm; mix them all wel together, and boil them in Balneo until the herbs become dry, and have no more substance, then it is boiled; then take it forth and strain it; and put thereunto for every pound six drachms of balme artificial; and when the month of Septem. cometh, put thereunto two pound of the fruit of the hearb called Balsamins, which is red, and then it is ended; which thou shalt keep in a glasse close shut, for the older it is, the better is; and it is of such vertue, that it helpeth the Etsie, and Hidropsie,

if

if ye give them every morning four drachms with two ounces of syrup of Roses warm, the space of eleven dayes, as is wel proved: and this is the true and perfect unction that helpeth the Petocchie, a disease so called in the Italian; If any were wounded, and had cut veins, sinews and bones, let him joyn the parts close together, and dresse it with this oyl very hot upon the upper parts, and in short time it shal be whole without any alteration; it helpeth also the white scal, if ye annoyn it therewith: it helpeth coldnes in the head, and Catarrhs, if ye annoyn within the nostrils at night when ye go to bed; if ye annoyn the stomach therewith, it causeth perfect digestion of the mear, it provoketh urine where it is let through carnosity, or Gonnorea, or such like Matter; it causeth hair to grow, it preserveth the beard black, and is good against worms; and all these experiments are true and proved by cne divers and sundry times in the aforesaid infirmities, and also in divers oth.1 which are left until nother time: Ye shal note, that if you annoyn one all over that is grieved with the Pox, with this oyl, it wil encrase his pain; and so by that means you may know whether he be infected or no.

260 *How to compound Aromatico Leonardo, with its vertues.*

Aromatico Leonardo is a miraculous me-
dicine,

dicine, that serveth against all manner of diseases of what quality soever they be; for it worketh this operation, *viz.* as soon as it joineth to the stomack, it draweth to it all the evil humors of the body, and imbraceth them, and carrieth them forth of the body both by vomit and seige, and so leaveth nature unburthened, which may prevail at pleasure, because it hath no impediment: and the order to make it is thus:

Take fine white sugar four ounces, pure Pearls, Musk, Saffron, Lignum aloes, Cinnamon, of each one scruple; *Petra Philosophale* four drachms, mix them together, and make thereof Lozanges with Rose water according to art, the which ye shal keep in a box of Wood close shut: and the order to use it is thus; When the Physician goes to visit any sick person, and intends to prepare him some medicine to take inward; the best and most perfect inward medicine that he can ordain is this Aromatico, because it evacuateth the stomack by vomit, and the body downward; and his operation is such, that it doth in manner help any crude sort of infirmity, and the quantity is from one dram to two drams, and may be taken in broch, in wine, in water, or mix it with any pils, or potion, giving charge, that when it is put into any potion, thou leave none in the bottom of the cup where thou drinck it out, because the *Petra Philosophale* is heavy, and wil remain in the bottom;

bottome, for if that remain, it wil not work at all ; giving also charge, the day that you give this medicine, that you let the patients drink as much crude water as they wil, and give them little meat to eat that day, & this is the order to use this medicine.

261 Caufstick.

Take Arsenick, Cristaline, *sal Armoniak*, Sublimate, of each alike; boil them, being finely ground, in as much strong vinegar as the matter weigheth, until a third parts be consumed, and that there remain a third; then keep it in a glasse close shut for thy use, as I wil shew thee in divers places when occasion shal serve.

262 A Magistrale Crot against the white Scal.

This Crot is of great vertue, and of marvellous experience to resolve the white scal, because it is penetrative, Mundificative, and Resolutive, and causeth the hair to grow where it is fallen away, to the great content of the Patient, and honor of the Physician, and it is made in this order. Take Frankincense that is strained from his filth, what quantity you wil, and distil it in a retort, and give it fire at least forty hours, then let it cool, and break the glasse, and in the bottome thou shalt find a black mase the which make into powder, then for every pound of the said powder, put thereto one ounce

of

of Wax, and four ounces of the said oyl that you distilled, and half an ounce of the heads of Bees, the which are easie to be had in Summer: Mix all the aforesaid things in a vessel of Copper, and with a smal fire make them in form of a liquid unguent; and when thou wilt use it, shave the head, and wash it, and lay thereon this Cerot upon a fair cloth warme, and every two daies change it; and so in short time thou shalt see strange effects of his vertue. This serveth also against breaking of bones, dislocations, and for scabs ulcerated, because it dryeth, and comforteth, and resolveth all the evil qualities; giving charge in the distilling, because the fire many times consumeth it so, that in the bottome there remains nothing that is good, and therefore beware in the making.

263 *Pillole Magistrale, which is good against any infirmities.*

These pills are of great vertue, and especially against all kind of pains coming of corrupt humor's; for they purge the purifid humors, and preserve the body from corruption: and the order to make it is thus.

Take *Olibanum*, *Maltick*, *Mirthe*, *Sarcocolla*, *aloes hepatica*, *Eleborus niger*, *Saffron*, *Turbit*, *Colloquintida*, of each what you please, Stamp them finely; and for every ounce of the aforesaid matters, put thereunto two *Carets* of *Musk*.

Musk, and then incorporate it with honey of Roses and *Aqua vitae* of each a like ; and this paste thou mayest keep six months in a vessel of lead ; the quantity is from two drachms to three drachms, in the morning fasting, & drink thereon a little wine. These pills are most excellent to take away the pains of the Gout, and to preserve a man from it ; they are also good for them that have the french pox, because they evacuate the gross and viscous humors, and maintain the body in good temperature, and using them in those diseases, it preserveth the body in good temperature. They are also good for women that are troubled with pains of the Mother, and retention of their terms, for these are operative, and provoke them, and purgeth the Matrix of all impediments contained therein : They serve against the Megrum, and all pains of the head, and also against all kind of putrified fevers, as the experience thereof hath been seen sundry times.

264. *To make a Quintessence of mar-*
vellous virtue.

Quintessence is so called, because it is an essence taken from the elements without corrupting them ; and it's called *Quinta essentia*, because it's an essence above the four elements ; which hath a marvelous virtue in preserving all things from putrefaction ; and is of so much virtue, that drinking every morning half an ounce

ounce thereof as soon as a person riseth out of his bed, it preserveth in continual health: It helpeth wounds and sores of all sorts by washing them therewith: It preserveth all flesh, fish, and fruits that are put therein. The order to make it is thus:

Take fourteen pound of good strong wine, common hony one pound, Annis-seed, Coriander, *Lignum aloes*, *Calamus Aromaticus*, of each three ounces, Rose-water four ounces: Beare those things which are to be beaten grossly, and infuse them in the said wine two days and then put them in a gourd of glasse, and distil it by *Balneo* so long til the extracted water burn, and when it wil burn distil it no more: then keepe that which is distilled in a glasse close stopped, that it take no air, and so keep it til thou have occasion to use it; for it is a most rare liquor, because it resolveth all indispositions that happen to mans body. If any desire to have this *Quintessence* more perfect, let him take a tenth part of good hony, with a little Cinnamon, and distil it again by *Balneo*, and the Flegm wil remain all in the bottom of the vessel, and the *Quintessence* wil be so fine, that the air wil take it away. And therefore he that can make this well, shall work strange cures therewith, even to admiration.

265 *Quintessencia solutiva, which is
of Marvelous operations in
divers matters.*

This *Quintessencia solutiva* evacuateth the body with great ease and without any detriment, and it purgeth all parts of the body that are troubled with gross and viscous humors, it resolveth swellings, and taketh away the pains, it preserveth the sight, and killeth worms, and causeth a good appetite, with many other good qualities, which I shall leave at this time; and the order to make it is thus.

Take *Lignum aloes*, *Cinnamon*, *Turbit, aloes hepatica*, of each one ounce, *Colloquintida*, two ounces, *Cloves*, *Saffron*, of each three scruples, *Musk of Levant* one drachm, *Julep of Violets* one pound. Mix all the aforesaid maters together in a glasse, and put thereon two pound of *Quintessence*, and so let it stand twelve daies, and then strain it, and put it into a vessel of glasse close shur; this may be taken with broth, wine, or with what sirup or potion you wil; the quantity is from two drams to four drams in the morning fasting, without keeping of any diet at two ounces, and it shal work wel without trouble at all.

266 *Syrupo Solutivo, or the soluble Syrup;
with the order how to make and use it.*

This soluble Syrup made in decoction is very wholesome, and of great vertue, and especially

cially in crude humors; for it disperseth the matter, and evacuates it with great ease, and without danger or trouble of the Patient: The order to make it is thus.

Take Sage, Rosmary, Siccorie, *Carduus Benedictus*, Nettles, Organy, of each an handful; Figs, Raisins, Dates, sweet Almonds, *Sal Gemmae*, of each four ounces, *Colloquintida*, *Alpes hepatica*, Cinnamon, *Mirabolani citrini*, of each two ounces, common hony two pound. Stamp them all grossly, and put them to infuse in eighteen pound of fair water; then boil it till half be consumed; then strain it, and distil it by a filter, and aromatize it with two carats of Musk, and a pint of Rosewater, and then it is made: which you shal keep in a glas bottle close stopped. The dose is from four ounces to six.

In winter you must take it very warm; and in the Spring and Autumn take it warm and no more; in summer you must take it cold: This purgeth the gross humors of the body, and hurteth not the stomack. You may use it in a Fever for four or five daies together, and it wil help it. In crudity of humors, as the French Pox, Gouts, Catarths, Dogly Arretics, and such like maladies, where there is no accident of Fevers, you may take it ten or fifteen daies together, and it cannot hurt, for it purgeth most excellently: It is given against the Cough, against flux of the urine, and pains in the head, and carnosity in the yard, or the Hemeroids. And in brief, it is good

good against all diseases caused of corrupt humors; for it hath such vertue, that it draweth from all parts, and evacuate the humors intestinal. There hath been great experience of this syrup in such persons as had in a manner utterly lost their taste, who by using it, have been brought to a good temperature; there have been also infinite experiments on ulcerated persons and ful of sores, ill handled by poverty and weakness, who finding no means to cure them, have been cured by this syrup in fourteen or fifteen dayes, *Cum multis aliis, &c.*

267 Sirrupo Magistrale Leonardo, which serveth
against an infinite number of diseases, and is
a rare medicine.

This syrup is solutive, and very pleasant to use, and cannot hurt in any wise, which is seldom seen in other Medicines: and the order to make it is thus,

The leaves of Sine, two ounces; Fumitory, Maiden hair, Harts-tongue, Liver wort, *Epitium Elatius*, Polliody of the oake, the flowers of Borage, Bugloss, Liquorice of each three ounces, *Colloquintidia*, *Eleborus niger*, *Aloes beccaria*, *Mirabolani Indi*, of each one ounce, Pruins fourteen, Sebestien twelve, Tamerise one ounce; Stamp them grossly, and infuse them in ten pounds of fumitory water, then boil it until the consumption of the third part, and then strain it, and in that which is strained

put

put these things: Syrup of *Stacados* one pound, Saffron one scruple, *mel rostarum* six ounces, Rectified *Aqua vite* four ounces: Musk one drachm, the mullage of Marish Mallows four ounces, *Benjamin* one ounce, Rose water three ounces; and then it is made, which ye shal keep in a glasse close stopt, and keep it in a temperate place, and this you must take warm: the quantity is from two ounces to four ounces, and it is a most safe medicine to be used without keeping of any diet. It helpeth those much that have *Pellaria*, *Scabs*, *Hemerooids*, and such like diseases, and may be given unto a woman with child, without any danger, when she shal have occasion to use any.

268 *To make artificial Balm and the vertues of it.*

This balm hath all the vertues of the natural balm, although not in quality, yet in vertue, The order of making it is this.

Take one pound of *Venice Turpentine*, oyl of Bayes perfect without mixture four ounces *Galbanum* three ounces, *Gum Arabic* four ounces, *Olibanum*, *Mirrha electa*, *Gum Hederæ* of each three ounces, *Lignum Aloes*, Galingal, Cloves, *Consolida minore*, Cinnamon, Nutmegs, Ginger, *Zedoaria*, *Diptamnum album*, of each one ounce; Musk of Levant, *Ambergreece*, of each one drachm: Beat all these things together, and put them into a Retort of glasse well futed, and put thereto six pound of rectified *Aqua*

qua vita without flegm, and so let it stand eight daies, and then distil it by sand, and the first extraction wil be white water mixed with oyl; then keep the fire smal, until there come forth a blackish oyl, then change the receiver, and set thereto another, and increase the fire til all the spirits be drawn out: then separate the oyl from the black water, and likewile from the white, and keep them asunder by themselves. The first water that is white is called *Aqua del Balsamo*, or a Balm water, & the oyl separated from that is called *Oleum del Balsamo* or oyl of Balm. The second water that is black, is called *Mater del Balsamo*, or mother of Balm, and the oyle separated from that water is called *del Balsamo artificato*, or artificial Balm; which should be kept as a most precious Jewel.

Each of these Waters and oyls have their several admirable vertues and operations for effecting of wonderful cures; but the artificial Balm is a most miraculous liquor; as for the Stitch in the side, for which the dose is two drachms; the Cough, Catarrhe, coldnesse in the head or stomack, wounds in the head, and infinite others; yea, I know no disease either hot or cold, but it doth good to it, and that by its own quality, and hidden vertues; cooling the hot, and heating the cold. In a word, whosoever hath this precious liquor, may be kept from, or cured of all infirmities, and need not seek for the natural Balm with so great expences, and the

269 Vegetable syrup which is miraculous
and divine.

This Syrup is a secret, with which many miracles have many times been wrought in divers operations, on many infirmities. The order to make this syrup is thus.

Take *Lignum aloes*, *Riopontico Eupatorium*, red *Saunders*, of each two ounces; beat them, and make thereof a decoction in good form, and with four pound of the decoction make a syrup, and put thereto these things following while it is hot, *Saffron* one scruple, *Ginger* one drachm, *Musk* two Carets, the solution of our *Petra Vegetabile* three ounces, *Cloves*, *Nutmegs*, of each one scruple and a half; then keep it in a glasse close shur, and this is vegetable Syrup, which worketh miracles in divers infirmities; for by its nature it purifieth the blood, mundifieth the liver, comforteth the heart, preserveth the stomach, provoketh urine, dissolveth gravel in the reins, it helpeth the cough, and helpeth digestion, and quieteth all the humors in the sick person, with divers other vertues which it hath.

This may be taken with broth, with distilled water, or with any decoction, or medicine, fasting: The quantity is from one drachm to two drachme; and happy shal they be that use it.

270 *Unguento Magno Leonardo.*

This *Unguento Magno* is called so because
of

of his great vertue and operation ; for it worketh so strangely in some diseases, that it in a manner reviveth the patient : and the order to make it is thus.

Take *Otnegra ovium*, six ounces, *Oximele Squilliticum* halfe an ounce, mix them together in an earthen dish until the *Otnegra ovium* be become like ashes, then it is deifitrom ; then put thereon two ounces of vinegar and wash it wel until it remain pure and clear, then take *Olibanum* half an ounce, *Cerusa* one ounce, beat them fine, and mix it in a stone morter with as much *Magni Liquore*, as wil serve to incorporate them wel, then put thereto the *otnegra ovium*, and mix them very wel together ; hat being don, put thereto *Auxungia poresina* eight ounces, and mix them all together, and then it is made, which keep in a vethel wel glazed ; for it wil keep a long time without corruption, and is apt to help those that are lame, ful of pains, sores and swellings, paines of the eyes, the Stone in the reins, and such like malerges ; it helpeth all manner of French Pox, if ye annoit them therewith til their gums be sore, and then leave. But ye shal note, that the body must first be wel purged before ye annoit them. This unguent cooleth all corrosive ulcers, and helpeth them in short time, it helpeth all paines in the eyes if ye put it therein, and taketh away all burning with speed : and to be short, it helpeth those diseases in short time, so that it is to be wondred at.

The



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Experiments in Cookery and Houswifery.

Sallets or Sawce.

1 A Lemmon Sallet.



Ake Lemmons, rub them upon a grate to make their rinds smooth , cut them in halfs, take out the meat of them, and boil them in fair water a good while , changing the water once or twice in the boiling , to take away the bitterness of them : when they are tender, take them out and scrape away all the meat (if any be left) very clean; then cut them as thin as you can (to make them hold) in a long string, or in reasonable short pieces , and lay them in your glas, and boiling some of the best white-wine vinegar with sugar , to a reasonable thin syrup, pour it upon them into your glas, and keep them for your use.

2 To keep Clove Gilliflowers for Sallets.

Take the fairest Clove Gilliflowers ; clip off the whites from them, put them into a wide mouth'd

mouth'd glasse; and strew a good deal of sugar finely beaten among them: then put as much wine vienegar to them as wil throughly wet them, tie them up close and set them in the Sun.

3 To pickle Oysters.

Take a peck of the greatest Oysters, open them and put the liquor that comes from them (saved by it self) to as much white wine, & boil it with a pound of Pepper bruised, two or three spoonfuls of large Mace, and a handful of Salt, til the liquor begin to waste away; then put in your Oysters and plump them, and set them off the fire til they be cold, and so put them up in little barrels very close.

4 To pickle Quinces.

Boil your Quinces that you intend to keepe whole and unpared in fair water, til they be soft, but not too violently for fear you break them: when they are soft, take them out, and boil some Quinces pared, quartered, and cored, and the parings of the Quinces with them in the same liquor, to make it strong: and when they have boiled a good time, enough to make the liquor of sufficient strength, take out the quartered Quinces and parings, and put the liquor into a pot big enough to receive all the Quinces both whole and quartered, and put them into it when the liquor is through cold, and so keep them for your use close covched.

To

5 *To keep Goosberries.*

Take a handful or two of the worser of your Goosberries, cut off their stalks and heads, and boil them all to pieces in a pottle of water, putting into the boiling thereof halfe a quarteine of sugar ; then take the liquor, straine it thorow a hair strainer , and while it cooleth, cut off the stalks and heads of the fairest Goosberries, being very careful you cut not the skin of them above or below, put them into a Gal-
lipot, and pour the liquor in after them.

6 *Purflane* must be used as you do the Goos-
berries.

7. *How to keep Cucumbers raw.*

Take a Kettle (big enough for your use) half ful of water , make it brackish with salt, boil therein ten or twenty Cucumbers cut in halves ; then take the raw Cucumbers , being somewhat little, and put them into the vessel wherein you wil keep them ; and when your li-
quor is cold strain so much of it into them as may keep the Cucumbers alwaies covered.

8 *To keep boiled Cucumbers.*

Take a Kettle of water, put salt to it, boil it wel ; then take your raw Cucumbers, put them into it, and keep them with running up and down very softly til they be as it were perboiled : then take them out and lay them aside til they be cold ; then put them up in the vessel you wil keep them in, and when the li-
quor

quor is cold, strain it into them til they be all covered.

9 *To pickle Cucumbers to keep all the year.*

Pare a good quantity of the rinds af Cu-
cumbers, and boil them in a quart of running
water, and a pint of wine vinegar, with a hand-
ful of Salt til they be soft: then letting them
stand til the liquor be quite cold, pour out the
liquor from the rinds, into some little barrel,
earthen pot, or other vessel, that may be close
stepped, and put as many of the youngest Cu-
cumbers you can gather therein, as the liquor
wil cover: and so keep them close covered, that
no wind come to them, to use all the yeare til
you have new. If your Cucumbers be great,
'tis best to boile them in the liquor til they be
soft.

10 *To keep Cowslips for Sallets.*

Take a quart of white wine vinegar, and
half a quarter of a pound of fine beaten sugar,
and mix them together: then take your Cow-
slips, pul them out of the pods, and cut off the
green knob at the lower ends, put them into
that pot or glasse wherein you minde to keepe
them; and wel shaking the vinegar and sugar
together in the glasse wherein they were before,
poure it upon the Cowslips, and so stirring
them morning and evening (to make them set-
tle) for three weeks, keep them for your use.

11 *Violets, Bugloss, Borage, Rosemary, Marigolds, Fennel.*

These are all to be used as you do your Cowslips: only of Fennel you must take the seedes when they are new put out of the pod.

12 *To keep Broom-flowers for Sallets.*

Gather so many buds in one day (if you can) as you mean to keep, then take your pot, and lay first a lay of white salt in the bottome of it, and then a lay of Buds or flowers, then another of white salt, and so another of Flowers, til you have filled your vessel so full as you can thrust them down, let them stand one day, and if they shrink down, fill them up with flowers, and after fill it up with Verjuice, and lay a good deal of salt upon the top of it, and stop it up close.

13 *To keep Barberries to garnish your meat, &c.*

Take the worst of them and boil them in fair water, and straine the liquor from them and while the liquor is hot, put it into your Barberries, being clean picked, and stop them up: and if they mould much, wash them thorowly in the liquor: then boil the liquor again and strain it, and let it cool, and then put it to your Barberries againe.

14 To keep Artichokes for all the year.

The fittest time is about Michaelmas, and then according to the proportion of Artichokes you wil keep, seeth such a quantity of water in a pot or pan, seasoning it so with white Salt, that it may have a reasonable taste; then put a fit quantity of white Salt into the water, and boil them together, and scumme them wel, then put a good quantity of good vinegar to them to make the liquor somewhat sharpe, and boile it again. Then boil your Artichokes that you minde to keep, in another liquor, take them out of it, and let them coole; then set your first liquor again on the fire to boil, and scumming it throughly, let it cool again; when it is throughly cold, put it up in some Firkin, or large earthen pot, and put in your Artichokes to them handisomely for bruising, then cover them close from the air, and so keep them to spend at your pleasure.

15 To pickle Broom-buds.

Take as many Broom-buds as you please, make linnen bags and put them in, and tie them close; then make some brine with water and salt, and boil it a little; let it be cold, then put some brine in a deep earthen pot, and put the bags in it, and lay some weight upon them, let it lie there til it look black: then shift it again, so you must do as long as it looks black.

You

You must boil them in a little cauldron, and put them in vinegar a week or two, then they be fit to eat.

16 How to pickle Cucumbers.

Take the Cucumbers and wash them cleane and dry them clean in a cloth; then take some water, vinegar, salt, fennel tops, and some dill tops, and a little Mace; make it fast enough, and sharp enough to the taste; then boile it a while, and then take it off, and let it stand and be cold, and then put in the Cucumbers, and lay a board on the top to keepe them down, and tie them close, and within a week they wil be fit to eat.

17 To make a gallendine saunce for a Turkey.

Take some Claret wine and grated bread, and a sprig of Rosemary, a little beaten Cloves, a little beaten Cinnamon, and some sugar.

Spoon meats.

18 The best clouted Cream.

Take eight pints of Milke warme from the Cow, set it on the fire, make it ready to boile; then pour it into bowls, and fleete it that night: if you would have it thick, put in a quart of Cream to it.

19 Another way for the same in a lesse proportion.

Take a quart of Cream, or a pottle, set it in
two

two dishes, on two chafingdishes of coals, and cover them with two other dishes: and as it heateth, uncover the Cream ever and anon, and with a spoone take off the film that riseth, and put it in another dish, and cover it againe til more be risen; and take it stil off, and let it so rise by leisure, the longer the better; when there wil rise no more filme, pour out the uppermost of the Creame into a Platter alone, & set it on a Chafingdish of coals, with a quick fire; then take the yolk of an egge or two, wel beaten, and strain them with a spoonful of cold Creame, and a little Sugar and Rose-water to season it, and put it in as soon as the Creame beginneth to boil up, and stirring them together softly, let them have a walm or two, and put them in another dish to coole, and serve them.

20 *To make the ordinary Clouted Creame.*

When you have taken your milke from the Cow, set it on the fire presently in a broad vessel, and so keep it on the fire from morning til night, and be sure it seeth not all the while; then take it off the fire, and set it on a Board or Table, and so let it stand all night, and in the morning take off the Cream, and dish it at your pleasure.

21 *To make Almond Milk.*

Take a rib of Mutton or Veale, or rather a Chicken, boil it in fair water, put thereto French

French Barley, a Fennel roote, a Parsly roote, Violet leaves, Strawberrie leaves, and Cinque-foyle leaves, and boile them all together til the meat be overboiled ; then strain out the liquor from the rest : while they are boiling, blanch a proportion of Almonds, answerable to the liquor, beat them wel in a cleane stone Mortar, and then grinde them therein with Rosewater and sugar ; and when they are wel ground, put in all your liquor by little and little, and grind with them, til they be all wel compounded, then strain it into a fair glas, and use it at your pleasure.

22 *To make a Culpeffe.*

Take a Cock, bruise ali his bones, and put them into a pot of fair water, set it over a char-coale fire, boil it and scumme it wel ; put therein French Barley, Fennel roots sliced, and the pith taken out, Parsly roots sliced, leaves of Violets, Strawberries, Lettice and Succory ; boil all these together til the Cock be boiled all to pieces : then take a fit proportion of blanched Almonds, grinde them wel with Sugar and Rose-water in a Stone Mortar, then put to them the Cock, bones and all, and beat him all to pieces in a Mortar, then put in all the broth by little and little, and compound them by beating, as in the Almond Milk, and so strain them out all into a fair skillet ; then put into it a fit quantity of large Mace and Cinnamon whole, but bruised, and a like of Ginger sliced ; set it

it then upon the fire againe, and let it boile half an hour, and keepe it stil with stirring, then letting it run thorow a clean cloth into a Pipkin, there keep it til you use it, and then warm it in a Porrenger, and drinke it.

23 The best way to make a Sack Posset.

Take a dozen of egges exceeding wel beaten, put to them a pint of Sack, and stir them wel, that it curd not; then put to it three pints of your best sweet Cream, half a pound of Sugar very finely beaten, and stirring them wel together til the sugar be fully melted in them, strain it all together into a Basin, big enough to receive it all: then set it in the Basin, on a pot of boiling water, keeping the pot boiling until the Posset be like a Custard, and as thick: then take it off, and keeping it til you thinke it be cool enough to eat, strew your beaten splices wel and thick upon it, and serve it.

24 A Sack Posset without milk.

Take thirty Egges, beat them so wel, that you may take them up with a spoone, like as you do milk or broth; and while they are beating, take a quart of Sack, halfe a pound of fine sugar finely beaten, and a pinte of strong Beere, and make them boile a very little while upon a soft fire; then take them off the fire and put the Eggs into them as soon as it comes off, and stirring them up wel together, put them into

into a fit Basin to receive them, and covering them close with a dish; set them on a soft fire again, til they rise to a Curd; then take it off the fire, strow it with Cinnamon and sugar, and serve it.

25 An Almond Caudle.

Blanch Jordan Almonds, beat them with a little smal Ale, and strain them out with as much more Ale as you mind to make your Caudle of: Then boil it as you doe an Egge Caudle, with a little Mace in it; and when it is off the fire, sweeten it with sugar.

26 To make the Danſick Crem.

Take your Cream, boil it with some Mace and Cinnamon in it; then take it off, cool it a little, and put in as much Rose-water and sugar as wil make it sweet, and give it a good taste; then put in as much Runnet as wil be ſufficient to make it run, and then dish it and ſerve it.

27 To make fresh Cheſſe in Crem.

Take a porle of good Milk as it comes from the Cow, and halfe a pound of blanched Almonds beaten very ſmal, and make a thick Almond milk, with a pint of Cream strained, and a little before you go to dinner make it blood-warm, ſeason it with a little sugar, Rose-water, and ſearched Ginger, and put to it a little Runnet: and when it is ſcumm'd, bread it up and whey it, and put it into a Mould, and preſe it

it with your hand, and when it is wel wheyed, then put it into a dish with Cream : you may garnish it if you please, with a dozen of Wafers made of fine flower, sugar and water.

28 A messe of fine Cream.

Take a quart of Cream, set it on the fire til it be ready to boil, then put into it seven yolks, and two whites of egges very wel beaten together; and boile them (keeping them well stirred) til it be almost as thick as a Custard; then take it off the fire, and let it stand til the Whey be settled from it; then strain the thick of it thorow a cloth into a Basin, and making it as sweet as you please, with Rosewater and Sugar, dish it, scraping a little Sugar upon it.

29 Cream of Codlins.

After you have scalded your Codlins, and pild of the skins, and scrap'd the pulpe from their Cores, with a little Sugar, and Rosewater, straine them, and laying the pulpe of your Codlins in a dish, with as much raw Creame as you please, round about it.

30 To make French Frumenty.

Boil your French Barly in two waters first, and then in the third, whereof you shal make your Frumenty : when it is almost boiled enough, put into it some yolks of eggs wel beaten, and boile them a while : you must have your

your Jordan Almonds ready blanched and laid a good while in cold fair water, then beat them very smal with a little Rose-water, and strain their Milk from them, and put it into your Frumenty, when it is ready to take off the fire; or you may boil them a little while together, then take it off the fire, season it with some sugar and serve it.

31 *How to make a Goosberry Fool.*

Take your Goosberries and pick them, and put them into clean water, and boil them til they be all as thick that you cannot discerne what it is: to the value of a quart take six yolks of eggs smal beaten with Rose-water; and before you put in your eggs, season it wel with sugar, then strain your eggs, and let them boile a little while, then take it up, put it in a broad dish, and let it stand til it be cold; thus it must be eaten.

32 *How to make a Goosberry Custard.*

Take as many Goosberries as you please, boil them til they be soft; then take them out and let them stand and cool, and drain them, draw them with your hand thorow a canvas strainer, then put in a little Rosewater, Sugar, and three whites of eggs, and stir them all together; put them in a skillet and stir them apace, else they wil burne; let them stand and cool a little while, and take them off and put them in a glasse.

33 *To make pap of Barley.*

Take Barley and boil it in fair water softly until it begin to break; then put that liquor out, then put as much hot water to it, as you put forth, and so let it boile till it be very soft, then put it into a cullender and strain it; then take an handful of Almonds and grind them very wel with your Barley, and some of your liquor, so season it with sugar and a little Rose water, a little whole Mace and Cinnamon, and boil them wel together.

34 *The Lady of Arundels Manchet.*

Take a bushel of fine wheat flower, two my eggs, three pound of fresh butter, then take as much salt and barm as to the ordinary Manchet; temper it together with new milk prettily hot; then let it lie the space of half an hour to rise, so you may work it up into bread and bake it: let not your oven be too hot.

35 *To make Spicell bread.*

Take two pound of Manchet paste, sweete Butter halfe a pound, Currans halfe a pound, Sugar a quartern, and a little Mace (if you wil put in any) and make it in a loafe, and bake it in an Oven no hotter then for Manchet.

36 *To make blisched roses.*

Take half a peck of fine flower, a pinte or more

more of the Yeſt, the yolks of twenty egges, one pound of Butter, of Cloves and Mace halfe an ounce, of Cinnamon and Ginger one ounce, but the leaſt part of Ginger, a little Pepper, let the ſpices be beaten very ſmal; make Dough of all theſe, and work them in piecēs as big as Manchets, and bake them: when it is baked, pare away the cruſts, and ſlice them in Toaſts, and ſteep them in clarifieſ Butter in a faire Charger: then pour fine ſugar powdered be-tween every of them, and make them up like loaſes.

37 *To make Almond Butter.*

Blanch one pound of Almonds, or more or leſſe as you pleafe, lay them four houres in cold water; then ſtamp them with ſome Roſe-water as fine as you can, put them in a cloth; & preſſe out as muſh milk as you can, and then if you think they be not enough, beate them and ſtrain them again, til you get as muſh milke of them as you can, then ſet it on the fire til it be ready to boil, putting in a good quanitie of Salt and Roſe water to turne it; after one boiling be-ing turned, then take it off, caſt it abroad upon a linnen cloth, being holden between two, then with a ſpoone take off the Whey under the cloth, ſo long as any will drop or runne; then take ſo muſh of the fineſt Sugar you can get, as wil ſweeten it, and melt it in as muſh Roſe-water as wil ſerve to diſſolve it, put thereunto ſo muſh Saffron in fine powder as wil

wil colour it, and to steeping the Saffron and Sugar in Rose water, season your butter therewith when you make it up.

C A K E S.

81 To make Barberry Cakes.

Pick Barberries, and plump them in scalding water, as you do to make Conserve, then take of your best ripest Apples you can get, and scald them very tender: then pare them and take the best and softest of them, and strain it with your Barberrie stuff, not too thin for fear of blacks going thorow: then dry your stuff in a dish, upon a Chafingdish of coals, and make your syrups after the same manner, that you do for Apricock Cakes, and when your syrup is boiled high enough, cool it a little before you put it into the platter, putting it in by a little at once, stirring it up continually: and so you shall be sure to have your stiffe as thick, or as thin as you like best; then lay it upon your plates, and dry it as you do other Cakes, ghetting at the quantity of your sugar, according to your own best liking.

39 To make a sweet Cake, and with it a very sweet water.

Take Damask-Rose leaves, Bay-leaves, Lavender tops, sweet Marjorome tops, Ircos powder, Damaskpowder, and a little Musk first

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dissolved in sweet water: put the Rose leaves and herbs into a Basin, and sprinkle half a quarter of a pint of Rosewater among them; and stirring them all together, cover the Basin close with a dish, and let them stand so covered all night, and in the morning distil them: so shall you have at once an excellent sweet water, and a very fine sweet Cake to lay among your finest linnen.

40 *To make Almond Cakes.*

Take of Jordan Almonds one pound, beat them as you do for Almond milk, draw them thorow a strainer, with the yolks of two or three eggs; season it wel with sugar, and make it into a thick batter with fine flower, as you do for Bisket bread; then pour it on smal Trencher plates, and bake them in an oven or baking pan; and these are the best Almond cakes.

41 *To make a Cake.*

Take half a peck of flower, two pound and a half of currans, three or four Nutmegs, one pound of Almond paste, two pound of butter, and one pint of Cream; three spoonfuls of Rosewater, three quarters of a pound of sugar, half a pint of Sack, a quarter of a pint of Yeast, six eggs; so make it and bake it.

42 *To make a Silpcast Cheese.*

Take five quarts of new milk from the Cow, and

and one quart of water, and one spoonfull of Runnet, and stir it together, and let it stand till it doth come, then lay your cheese cloth into the vat, and take up your curd as fast as you can without breaking, and put it into your Vat, and let the whey soak out of it self: when you have taken it al up, lay a cloth on the top of it, & one pound weight for one hour, then lay two pound weight for one hour more, then turn him when he hath stood two hours, then lay three pound weight for one hour more; then take him out the Vat, and let him lie two or three hours, and then salt him on both sides; when he is half enough, take a clean cloth and wipe him dry, then let him lie a day or a night, then put nettles under and upon him, and change them once a day: the Cheese will come to his eating in eight or nine dayes.

43. To make Angelotta Cheese.

The best time to make it, is in the middest of May: You must take your Milk as it comes from the Cowe, not heating it at all, and put to it some Cream of the Evening Milk, and then put in your runnet, as you do in other Cheeses, when the Cheese is come, Whey it, but break it not, but put it into your Vat as whole as you can, in the mear, not thrusting it too cloose at the first, but as it sinks down, fill it up again, and then shut it up close, and let it stand so one night, then take it out and lay it up-

on a board, casting salt upon it, and so let it lie a day or two, turning and salting it: then lay it in a Basket or a Flasket with long grasse under it, and so let it dry as you do other Cheeses.

44 *To keep Cherries all the yeer.*

Take the fairest Cherries you can get; but be sure they be not bruised; and take them and rub them with a linnen cloth, and put them into a barrel of hay, and lay them in ranks; first laying hay in the bottom, and then Cherries, and then hay again: and then stow them up close that no air may come neer them, and lay them under a Feather-bed where one lieth continually; for the warmer they are, the better; yet neer no fire: and this doing, you may have Cherries at any time of the year.

F R I G A S I E S.

45 *Frigasie of Chickens.*

Kill your Chickens, pull skin and feathers off together, cut them in thin slices, season them with thyme and lemmone minced, nutmeg and salt, an handful of sorrel minced, and then fry it well with six spoonfuls of water, and some fresh butter; when it is tender, take three spoonfuls of verjuycce, one spoonfull of sugar, beat it together, so dish it with sippes about.

46 *Friga-*

45 *Frigasie of Lamb.*

Cut your meat in thin slices, season it with Nutmeg, Pepper and Salt, mince some thyme and Lemmon, and throw it upon your meat; then fry it slightly in a pan, then throw in two eggs, beaten in verjuice and sugar, into the pan, also an handfull of Goosberries; shake it together, and dish it.

47 *Frigasie of Rabbets.*

Cut your Rabbets in smal peeces, and mince an handful of thyme and parslie together, and with a Nutmeg, Pepper and salt season your Rabbets; then take two eggs and verjuice beaten together, then throw it in the pan, stick it, and dish it up in sippets.

48 *Frigasie of Peale.*

Cut your meat in thin slices, beat it well with a rowling pin, season it with Nutmeg, Lemmo: and Thyme, fry it slightly in the pan: beat two eggs, and one spoonful of verjuice, and put it into the pan, and stir it together, and dish it.

Divers other ways to dress Flesh.

49 *How to boil a Capon handsomely.*

Take the fat end of a neck of mutton, and cut it into two or three pieces, making one piece of two or three bones; and boil that with your

Capon: and of herbs, take an handful of parsley, as much Thyme, and half as much Endive, and binde them up in a bunch together, and boil them with your Capon; when it is boiled enough, season it with Salt and Verjuice: then take a deep dish, and cut it into sops of fine stale Manchet, and scald them with the fat which cometh off the Capon and Mutton: You must boil readie in a Pipkin or some skillet, half a pound of choice prunes, till they be well and plump, but not over boiled: and when you serve up your Capon, garnish the dish sides with your Prunes, and lay them thick upon your Capon. You may also boil some marrow with your Prunes, and lay it on your Capon.

50 *To roast a shoulder of Mutton with Lemmons.*

Take a shoulder of Mutton half roasted, cut off most of the meat thereof in thin slices into a fair dish, with the gravy thereof, put thereto about the quantity of a pint of claret wine, with a spoonfull or two at most of the best Wine vinegar, season it with Nutmegs and a little Ginger: then pare off the rindes of one or two good Lemmons, and slice them thin into the Mutton, when it is almost well stewed between two dishes, and so let them stew together two or three walms: when they are enough, put them in a clean dish, and take the

the shoulder blade (being wel broiled on a Griddle) and lay it upon the meat, garnishing your dish with some slices and rinde of the Lemmons, and so serve it.

51 *To make Veal Toats or Oliver.*

Take the kidney of a loyne of Veale roasted, with a good deal of the fat, and a little of the flesh, mince it very smal, and put to it two eggs, one Nutmeg finely grated, a good quantity of Sugar, a few Currans, a little Salt, stir them well together, and make them into the form of little pasties, and fry them in a pan with sweet Butter.

52 *To make very fine Sausages.*

Take four pound and an half of Pork, chop it smal, and put to it three pound of Beefe Suet, and chop them very small together; then put to them a handful of Sage finely shred, one ounce of Pepper, one ounce of Mace, two ounces of Cloves, a good deal of Salt, eight eggs very well beaten before you put them in: then work them wel with your hand til they be throughly mingled, and then fill them up. Some like not the egges in them: it is not amisse therefore if you leave them out.

53 *To make Brawn easiender
and delicate.*

Put collars of Brawn in Kettles of water

or other sort vessels, into an oven heated as you would for household bread; cover the vessels, and so leave them as long in the oven as you would do a batch of bread. A late experience amongst Gentlewomen, far excelling the old manner of boiling Brawn in great Kettles. Note, if putting your liquor hot into the vessels, and the Brawn a little boiled first, by this means you shall not give great expedition to your work?

54 *To boil a Capon in white broth.*

Boil your Capon by it self in fair water, then take a ladle ful or two of mutton broth, and a little white wine, a little whole Mace, a bundle of sweet herbs, and a little marrow; chicken it with Almonds, season it with sugar and a little verjuice; boil a few Curtans by themselves, and a Date quartered, (lest you discolor your broth) and put it on the breast of your Capon, Chicken, or Rabbet: If you have no Almonds, chicken it with Cream or with yolks of eggs: Garnish your dishes on the sides with a Lemon sliced, and sugar.

55 *To roast a shoulder of Mutton with Oysters.*

When you open the Oysters, save the liquor; then season them with pepper, and a little cloves and mace, and herbs finely chop'd, and the yolks of two or three eggs chopped small, and some curtain's perboiled a little; then stuff your shoulder

of mutton thick with your oysters, then season it and lay it to the fire and roast it; then take the rest of your Oysters and boil them with a little white wine and some butter, this is fawce for a shoulder of Mutton. When your oysters are opened you may perboil them in their own liquor, then take them out and season them.

56 To boil a Mallard with Cabbage.

Halfe roast your fowle, then take it off and case it down, then put it into a pipkin with the gravy, then pick and wash some Cabbage and put to your Mallard, with as much faire water as wil cover it; then put in a good piece of butter and let it boil an hour; season it with pepper and salt, and serve it upon sops.

57 To stew a Mallard.

Roast your Mallard half enough, then take it up, and cut it into little pieces, then put it into a dish with the gravy, and a pice of fresh butter, and a handful of parsley chop'd smal, with two or three onions and a cabbage lettice; let them stew one hour, then season it with pepper and salt, and a little verjuycce, then serve it.

58 To stew a Calves head.

Take a Calves head, and boil it for halfe an houre, when you have so done, pluck it to pieces and take some of the broth you boild it in, and put it into a pipkin, with Oysters, take a pinte of white, or claret wine, a quarter of a pound of

bacon sliced, either watered or perboiled, cheſnuts ſplit, and roaſted with the yolkes of three or four egges, ſweet herbs minced, and a little horſe rhadith root ſcraped; after you have ſtewed all theſe one hour, then perboile the brains and ſlice them; then make batter with egges, Ginger, ſalt and flower, and juice of Spinnage, and fry them, laying ſippets to them, and ſerve them up.

59 *A Grand boyled meat.*

Take what fowle is in ſeafon, as Pidgeons, wild or tame, Partridg, wildeon, larks, inipes, Teale, plover, or any other, truſ them, and boil them, and while they are boiling, take ſome ſtrong broth wherein any fresh Butchers meat hath been boyled to pieces, and put to it an Oxe paller, and cut in dice-work; take a quart of white wine, with a good quantity of large mace, ſalt, with five or six Dates cut to pieces; when you have boyled theſe as long as you think fit, then put in a large piece of butter, and Lemmon ſliced very thin, the rind pared off, and beat it thick, put toasts in the bottome, and garniſh them with ſheeps tongues, blanched and rowled in green batter.

66 *To ſlow a Carp.*

Take a live Carp, and when you have ſcaled it with your knife, and dryed it very wel with a cloth, open the belly, and take out the entrails, then

then take a pint of Claret wine, with vinegar, with a ladle ful of fresh broth, and wash the blood into a pipkin; a faggot of sweet herbs, with two or three onions, and half a pound of butter, stew these with the Carp half an hour, then putting sippets and toasts in the bottome, dish it up, powring some broth on it, garnish with Rosemary, Lemon, Barberries, Grapes, Ginger, on the side of the dish; boile the sippet, and lay it on the Carp.

61 How to stew Artichokes.

Take Artichokes, and having boiled them, take off the leaves, and Core, & having split the bottome into quarters, lay the Artichokes on thin Manchet Toasts, in a flat stewing pan; with the marrow of two bones, with some large blades of Mace, putting therein a pound of preserved plummes with the syrup, Verjuice, and sugar; if this make them not sweet enough, stew them altogether for two hours, and after you have stewed them, serve them up with fresh preserves, as Barberries, or such like.

62 To sauce a young Pig.

Take a young Pig being scalded, boil it in faire water and white wine, put thereto bay leaves, whole Ginger and Nutmegs quartered, a few whole Cloves; boile it throughly, and leave it in the same broth in an earthen pot.

63 To

63. *To roast a Pig with a Pudding in his belly.*

Slay a fat Pig, truss his head looking over his back; then temper as much stuffe as you think wil fill his belly, then put it into your Pig, and prick it up close: when it is almost roasted wryng out the juyce of a Lemon; when you are ready to take it up, rake four or five yolkes of eggs, and wash your Pig all over: mingle your bread with a little Nutmeg and Ginger, then dry it and take it up as fast as you can: let your sawce be vinegar, butter and sugar, the yolk of an hard egg minced, and serve it hot.

34. 64. *To bake a Pig.*

Take a Pig and scald it, open it in the back, and embowel it, let all the blood soake out, presse it downe in a pan, and let it boil flat, and when you find it almost tender, presse it in a cloth like Venision, if it be fat pul off the skin only, but if it be not fat, pul out the bones, and farce it as you would a Gammon of Bacon; then lay it whole in paste; put in butter, and season it with salt and pepper; and when it is baked, mix Vinegar, Sugar, Cinnamon, Ginger, and a little Rosewater boiled, and making a hole in the cover, put it in, and shake it.

*P U D D I N G S.*65. *How to make an Italian Pudding.*

Take a Manchet and cut it in square pieces like

like a die ; then put to it half a pound of beefe
fuer minc'd smal, raisins in the sun the stomes
pick'd out, Cloves, Mace, minced Dates, sugar,
marrow, Rose-water, Eggs and Cream ; mingle
all these together, and put it into a dish fit for
your stuff; in less then an houre it wil be baked;
then scrape on sugar, and serve it.

66 *To make a Haggeſſe Pudding.*

Take a fat Haggeſſe, perboil it wel, take
out the Kernels, shred it smal, and temper it
with a handful or two of grated Manchet, then
take three or four Eggs wel beaten, Rose-water
and Sugar, Cloves, Nutmegs, Cinnamon,
Mace, very finely beaten; Currans and Mar-
row good store, temper them all together, with
a fit quantity of Cream, being first moderately
seasoned with Salt.

67 *To make the best white Puddings.*

Take a pound of Almonds, blanch them,
stampe them, putting in a little milke some-
time to them in the stamping : then put to
them three handfuls of fine flower, or as much
grated bread first baked in an oven ; six eggs wel
beaten, a good deale of marrow cut in little
pieces : season them with Nutmegs and Sugar,
three spoonfuls of Rose-water and a little salt :
temper them all together with as much Creame
as wil serve to wet or mingle them, and so fil
them up.

68 A Rice Pudding.

Take thin Creame, or good milk of what quantity you please, boil it on the fire with a little Cinnamon in it, and when it hath boiled a while, take out the Cinnamon, and put in Rose water and sugar enough to make it good and sweet; then having your Rice ready beaten as fine as flower (and leareced, as some do it) strow it in, til it be of thicknesse of a hasty Pudding: then pour it into a dish, and serve it at the Table.

69 To make a fine Pudding in a dish.

Take a penny white loaf, and pare off all the crust, and slice it thin into a dish with a quart of Creame, and set it to boil over a Chafing-dish of coals til the bread be almost dry, then put in a piece of sweet butter, and take it off, let it stand in the dish til it be cold, then take the yolks of three eggs and the white of one, with some Rosewater and sugar, and stirring them all together, put them into another dish wel buttered and bake it.

70 An Oat-meale Pudding baked.

Take great Oat-meale, and having put it into a bag, boil it in broth (that of Beef is best) until it be tender, then take a quart of Creame, with large mace, & slic'd nutmeg & boil them; which done, take it from the fire, and slice a Manchet thin into it and with some eggs, putting in halfe the whites, and mix it with the Oat-meale which was boiled with beefe suet, sugar

gar, salt, and Rose-water, having stirred them wel together, put it into a dish wel buttered, and bake it.

71 *To make a shaking Pudding,*

Boil some large mace, Nutmeg, and Ginger, with a pinte of Creame, adde to them a few Almonds blanched, then beat four eggs, and but two of the whites with Rose-water, then straining them all together put to it sugar, salt, grated bread, and sliced Ginger ; then tye it hard in a cloth, wel flowered and buttered, and boile it, and serve it up with verjuice, butter, and Sugar.

72 *To make the best Puff-paste.*

Take two great handfuls of fine flower, the whites of two egs, and one yolk, beat them a little together, with two spoonfuls of Rosewater and put them to the flower, and work it into the paste (with as much cold water as is fit) very wel together : then rol it out like a Party, and take one pound of sweet butter, (beating it a little to make it soft) and lay it all over the Paste in little pieces, and fold it over, and wel rol it out again, laying on more butter, as you did before, til the butter all be wrought in, and if it be too soft, strew a little flower before you rol it all over : be very careful you rol it not too thin, lest the butter come thorow, for if it cleave to the Table it wil not be good : rol out a piece to lay in the bottome of a dish or on a paper, and put on it Apples, or what you like best, and

COVER

cover them over with some of the Paste, and cut it round about with Peakes, that it may rise up in the baking.

Pies and Baked meats.

73 To make an Artichoke Pie.

Boil your Artichokes, take off all their leaves, pull out all the strings, leaving only the bottoms; then season them with Cinnamon and sugar, laying between every Artichoke a good piece of butter; when you put your Pie into the oven, stick the Artichokes with slices of Dates, and put a quarter of a pint of white wine into the Pie, and when you take it out of the oven, do the like again, with some butter, sugar, and Rose-water, melting the butter upon some coals before you put it into the Pie.

74 To make a Neats-foot Pie.

Take a Neats foot, dry it in a cloth, then take it and shred it with Mutton Suet, as small as you think fit, putting in no seasoning but Nutmegs and Sugar: and to every Pie almost a pound of Currans wel pick'd, when you put it into the oven. And before you set it into the Oven, put in a quarter of a pint of white-wine: and when you take it out, do the like again with a good piece of butter and sugar.

75 To bake beef like red Deer.

Take a pound of Beef, and slice it thin, and half a pint of good wine vinegar, some three

three Cloves, and Mace above an ounce, three Nutmegs; pound them all together; pepper and salt according to your discretion, and a little sugar, mix these together; take a pound and a half of suet shred, and beat it small in a mortar; then lay a row of suet, and a row of beefe, strew your spices beaten every lay, then your vinegar; so do til you have laid in all, then make it up; but first beat it close with a rowling pin, then presse it a day before you put it in your paste.

76 A Gammon of Bacon baked.

Take your Gammon, and after you have watered it, that it is pretty fresh, then seethe it, until it be very tender, then take off the skin and farce it with Parsley, Penny-Royal, Thyme Marjerome, Marigolds, Camomile and Sage, let all these be chop d small, and seasoned with Salt, Pepper, Cloves, small raisins, yelks of eggs hard rosted, cut off the leane of your Bacon, and mince it small, and taking a handful of farcing, mingle it together with three or four yolks of raw eggs, and cast it on the Gammon of Bacon, cloing the skin againe, put it into paste.

77 A Calves-foot Pie.

Take your Calves-feet, and boile them, then peele the hayre cleane from them; and after you have cleft them, and tooke out the bones, then season the flesh with Nutmeg

meg, salt, and whole Mace, putting thereto Currans, and good store of butter, and when you draw it out of the Oven, fill up your pie with sugar, wine vinegar and butter, beaten together with the yolk of an egge: this must be served up at the first course hot.

78 *A Calves head Pie (for Supper)*

Boil your Calves head almost enough, cut it in thin slices all from the bone, season it with 3 beaten Nutmegs, a quarter of an ounce of pepper, and as much salt as there is seasoning; then take a handful of sweet herbs minced smal, and two spoonfuls of sugar, and two or three Artichoke bottoms boiled, and cut them in thin slices, and the marrow of two bones rowled in yolks of eggs, a quarter of a pound of Eringo roots, and a quarter of a pound of Currans; then put it into your pie, & put a quarter of a pound of Butter, and a sliced Lemmon, three or four blades of Mace, three or four quarded Dates; let it stand an hour or more in the Oven; then when you take it out, put into it a cawdle made of sugar, whitewine, verjuice and butter.

79 *A Lark Pie.*

Take three dozen of Larks, season them with four Nutmegs, and half an ounce of Pepper, and a quarter of an ounce of beaten mace; then take Lumbard pie-meat and fill their bellies if you wil: if not, take halfe a pound of Suet

suet, and one pound of mutton minced, Raisins of the sun half a pound, and six apples, minced all together very small; then season it with a Nutmeg, Pepper and salt, and one spoonfull of sweet seeds, and a Lemmon peel minced, one pennie loaf grated, a quarter of a pint of cream, two or three spoonful of Rose-water, three spoonfuls of sugar, one or two of verjuice; then make this into boles and put it into their bellies, and put the Larks into your Pie; then put marrow rouled in yolks of Eggs upon the Larks, and large mace, and sliced lemmmon, and fresh butter: Let it stand in the oven an hour; when you take it out, make a caudle of butter, suggar, and white wine Vinegar, and put it into the Pie.

80 *A Skerres Pie.*

Take a quarter of a peck of Skerres blanched, and sliced, season them with three Nutmegs, and an ounce of Cinnamon, and three ounces of Sugar, and ten quartered Dates, and the marrow of three bones rouled in yolks of Eggs, and a quarter of a pound of Eringo roots, and preserved Lettice, and sliced Lemmon, four blades of Mace, three or four branches of preserved Barberries, and half a pound of Butter; then let it stand one hour in the Oven; then put a caudle made of white wine, verjuice, butter and sugar into the Pie when it comes out of the Oven.

81 *A Pork Pie.*

Boil your leg of Pork, season it with Nutmeg, Pepper and salt; bake it five hours in a high round Pie.

82 *How to bake a steake Pie.*

Cut a neck of mutton in steaks, beat them with a cleaver, season them with Pepper and salt and Nutmeg, then lay them in your coffin with butter and large mace, then bake it; then take a good quantity of paeslie and boil it, beat it as soft as the pulp of an apple, put in a quarter of a pinte of vinegar, and as much white wine (with a little sugar) warm it wel, and pour it over your Steaks, then shake it, that the gravye and liquor may mingle together: scrape on sugar, and serve it.

83 *To bake Chucks of Veale.*

Perboil two pound of the lean flesh of a leg of Veal, mince it as small as grated bread, with four pound of beef suet; then season it with Biscay Dates and Carawais, some Rosewater, sugar, raisins of the Sun and Currans; Cloves, Mace, Nutmeg, and Cinnamon; then mingle them all together, fill your Pies, and bake them.

84 *To make Symbals.*

Take fine flower dried, and as much sugar as flower; then take as much whites of eggs as will make it a paste, and put in a little Rosewater; then put in a quantity of coriander-seed

seed and Annis-seed, then mould it up in that fashion you wil bake it in.

85 *To make Cracknels.*

Take five or six pints of the finest wheate flower you can get ; to which you must put in a spoonful (and not above) of good Yeit : then mingle it wel with butter, cream, rose-water, and sugar finely beaten, and working it wel into paste, make it in what form you wil, and bake it.

T A R T S.

86 *To make fine Pippin Tarts.*

Quarter, pare, core, and stew your Pippins in a pipkin upon very hot embers close covered, a whole day, for they must stew softly : then put to them some whole Cinnamon, six Cloves, and sugar enough to make them sweet, and some Rosewater : and when they are stewed enough take them off the fire, and take all the spice from them, and break them small like Marmalade : and having your coffins ready made, not above an inch deep, fill them with it, and lay on a very thin cover of Puff-paste, close and fit ; so bake them, and serve them in cold : but you must take heed you do not over-bake them.

87 *How to make a Bacon Tart.*

Take the lard or fat Bacon, and water it two or three daies til it be fresh, cut it into pieces an inch long, then into squares no bigger then your smaller lard, then draine it very

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very dry in a cloth, mixed with greene dried Citron, and sweet Almonds, and a little Rose-water, add to them good store of sugar with seven or eight drops of oyle, or spirit of Vitriol; when these are minc'd together, make a round Tart, as shallow as possible, laying this Composition in it, then lid it, after an hours baking, stick the lid ful of sliced Citron, and ice it with Rose water and sugar: mix with this Tart some eggs, it wil eat best cold.

88 *How to make a Tart of Butter and eggs.*

Take the yolks of sixteen Eggs, wel parted from the whites, three quarters of a pound of Butter wel clarified, and straine it twice or thrice in a fajr strainer (seasoned with sugar and a little Rosewater) wherein Spinage first a little boiled hath been strained: to make it green. Be sure your paste be wel made, and whole, and so bake it up, and serve it.

89 *A Tart of Strawberries.*

Pick and wash your Strawberries very clean, and put them in your paste one by another as thick as you can; then take Sugar, Cinnamon, and a little Ginger finely beaten, and wel mingled together, cast them upon the Strawberries, and cover them with the lid finely cut into Lozanges, and so let it bake a quarter of an hour, then take it out, and strewing it with a little Cinnamon and sugar, serve it.

90 *A Tart of Hips.*

Take Hips and cut them, and take out the seeds very clean, then wash them, season them with Sugar, Cinnamen and Ginger; then close your Tart, bake it, ice it, scrape on sugar, and serve it.

91 *A Tart of green Pease.*

Take green Pease, and scethe them tender, then pour them out into a cullender, season them with Saffron, salt, and sweet butter, and sugar; then close it, then bake it almost an hour, then draw it forth and ice it; put in it a little verjuice and shake it well, then scrape on sugar and serve it.

92 *To make a Tart of Wardens.*

You must first bake your wardens in a pot, then cut them in quarters, and core them, then put them into your Tart with Sugar, Cinnamon and Ginger; then close up your Tart, and when it is almost baked, do it as your warden Pie, scrape on sugar and serve it.

93 *To marble Beef, Mutton or Venison.*

I Stick any of these with Rosemary and Cloves, then roast it, being first joyned very wel, then baste it often with water and salt; and when it is throughly roasted, take it up and let it coole; then take Clarret wine, and Vinegar, and as much

much water, boile it with Rosemary, Bayes, good store of Pepper, Cloves, Salt; when it hath boiled an hour, take it off and let it cool; then put your meat into a vessel, and cover it with this liquor and herbs, then stop it up close, the closer you stop it, the longer it will keep.

94 *To marble Fish.*

Take Flounders, Trouts, Smelts, or Salmons, Mallets, Makrel, or any kind of Shelfish; wash them and dry them in a cloth, then fry them with fallet oyl or clarified butter; fry them very crisp; then make your pickle with clarret wine and fair water, some Rosemary and Thyme, with Nutmegs cut in slices, and pepper and salts; when it hath boiled half an hour, take it off and let it cool; then put your fish into a vessel, cover it with liquor and spice, and stop it close.

95 *To make a very good Tansie.*

Take fifteen eggs and six of the whites, beat them very well, then put in some sugar and a little sack, beat them again; then put in about a pint or a little more of Cream, and beat them again; then put in it the juyce of Spinnage or of Primrose leaves, to make it green; then put in some more sugar, if it be not sweet enough, then beat it again a little, and so let it stand till you fry it; when the first course is in, then fry it with a little sweet butter; it must be stirred and

and fryed very tender: when it is fryed enough, then put it in a dish, and strew some sugar upon, it and serve it in.

96 *To make excellent bottle Ale.*

Take two or three drops of the extracted oil of Sage, and mingle it with a quart of Ale, brewing the same well out of one pot into another; and this way a whole stand of Sage-Ale is very speedily made. The like is to be done with oil of Mace or Nutmegs: But if you will make a right Gossips cup, that shall far exceed all the Ale that ever mother Bunch made in her life time; then in the bottling up of your best Ale, tun half a pint of white Ipocras that is newly made, and after the best Receipt, with a bottle of Ale; stop your bottle close, and drink it when it is stale. Some commend the hanging of roasted Oranges peck ful of cloves in the vessel of Ale, till you find the taste thereof sufficiently graced to your own liking.

97 *The particulars of the Ipocras made usually in London.*

Cinnamon one ounce, Ginger one ounce, Nutmegs half an ounce, Cloves, Coriander seed, long Pepper, of each one quarter of an ounce, bruise all these in a mortar; Sugar one pound, Rosewater a fit quantity; milk half a pint, Receiptary a little to lay in the bottome of the bag; a gallon of the pleasantest High-Country White wine. Some add to this a

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quantity of Galingal, and some Raifins of the Sun.

J E L L I E S.

98 How to make a fine Chryſtal Jelly.

Take a knuckle of Veal and four Calves feet, and set them on the fire with a gallon of fair water, and when the flesh is boiled tender, take it out; then let the liquor stand still till it be cold; then take away the top and the bottome of that liquor, and put the rest into a clean pipkin, and put it into it one pound of clarified sugar, four or five drops of oil of Cinnamon and Nutmegs, a grain of Musk, and so let it boil a quarter of an hour leisurely on the fire; then let it run thorow a Jelly-bag, into a bason, with the whites of two eggs beaten; and when it is cold, you may cut it in lumps with a spoon, and so serve three or four lumps on a plate.

99 To make Jelly of Pippins.

Take Pippins and pare them, and quarter them, and core them, lay them in water; and when you set them on the fire, shift them in another water, and put them in a skillet, and put in as much water as will cover them and a little more, see them over the fire and make them boil as fast as you can; when the Apples are soft, and the liquor tastes strong of the Apples, then take them off, and strain them thorow a canvas cloth gently, take to a pound of juice a pound of sugar, then set it on the fire, when it is melted, strain it into a bason and rince your

your skillet again: set it on the fire, and when it is boiled up, then scumme it, and make it boil as fast as you can, and when it is almost boiled, put in the juyce of three Lemmons strained thorow a cloth: if you wil have Orange pil, pare it thin that the white be not seen, and then lay them in fair water all night, then boil them in the water till the pil be soft; then put it into the syrup, and stir it about, and fill your glasses, and let it stand till it be cold; and then it is ready to eat.

100 To make a Jelly.

Take either Veal, a Cock, or (which is best of all) Calves feet, boil them well in one water, or as they cal it, scald them til you can get off the skin and clawes, so make them very clean, and let them cool.

Then set on more water, and when it seetheth, put in the Calves feet (which for these proportions may be four or six) and let them boil until they wil Jelly, which you shall know by letting it stand til it be cold: when it is enough, strain the clearest from the other, and let the best stand til it be cold.

Then an hour after set it on the fire again, and put to it a pint of white wine, and so much sugar at will make it sweet; two ounces of Cinnamon bruised in a Mortar, one ounce of Nutmegs, and the white of one Egg wel beaten, and when it beginneth to boil, after they are put in, put in two or three spoonfuls of white-

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wine Vinegar: then make ready your white Cotton bag, and put in the bottom thereof a sprig or two of Rosemary; and while this is doing, set the liquor on the fire again, and when it beginneth to seeth, put in the white of one egg or more wel beaten first; then take it off the fire, and let it run thorow the Cotton bag, then take that which is run thorow, set it on the fire again; as soon as it seetheth, put in another white of an egge, and then let it run thorow the bag again: do so again the third time, after it is heated and clarified, and then it will be enough; then put it up in glasies wel covered, and not in pipkins or gallipots: and keep it for your use.

101 *A direction to make a Jelly.*

Take three Calves feet, flea and wash them very clean, take also a fleshie pullet, or a piece of Veal, pick the fat away and put them into an earthen pan or bason, and to them so much water as wil cover them, steep it therein two daies and a night, changing the water and bruising the flesh six or seven times a day, then put it into a clean brass pot, pour to it more then a gallon of fair water, keep it boiling and alwaies scummed, till it come to the height of a Jelly, putting thereto first, when you see the liquor half wasted, more then a pint of white wine. When it is enough, strain it thorow a double linnen Cloth, let it stand til it be cold, when if you

you can see any fat, take it off lightly; then pour the Jelly into a bason, set it on a Chafingdish of coals, and put thereto of the finest sugar finely beaten so much as will sweeten it throughly, then take of Cinnamon scraped and grossly beaten half a pound, three Nutmegs, one ounce of white Ginger scraped and grossly bruised a little, and a very little—scraped and only broken, ten Cloves bruised a little, and a very little white salt, put to them the whites of eight eggs (new laid) lightly beaten together, sturre them together til they be all throughly mixed, so let it boil softly til it taste of the spice, and in the places where it riseth in boiling, drop in here and there a spoonful of white wine Vincgar, and lastly three spoonfuls of the best Damask-Rosewater; when you find it boiled e-nough, take a clean Jelly bag, put into the bottome of it, of Thyme and Rosemary of each a branch, three branches of sweet Marjoram, a handful of Violets if they may be had: sprinkle the herbs and bag with good store of Da-mask-Rosewater, hang the bag near a good fire, and put therein your Jelly, taking great heed that no dust nor smoak hurt it, and so let it run into a clean bason thorow your bag twice at least, then put it up in fittest sort for your use.

LEACHEs.

102 To make Leach of Ipcras.

Take one pint of Ipcras, two ounces of I-

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248 *Experiments in Cookery,*

onglas, six spoonfuls of Rose-water, two grains of Musk, and four ounces of sugar candy, boil it leisurely upon a chafingdish of coals, then let it run thorow a Cotten bag into a bason; and when you serve it, cut it in what fashion you will with a spoon, knife, or otherwise; being coloured as you please.

203 *To make fine white Leach of Almonds.*

Take half a pound of smal Almonds, beare them, and stra'n them with Rosewater and sweet milk from the Cow, put into it two or three pieces of large Mace, one grain of Musk, two ounces of Ilonglas, and so boil it on a Chafingdish of coals, a quarter of an hour, till it will stand, which you shal try thus: Set a saucer on, or in a little cold water, so that none come into it, and put a spoonful of the Leach into it, and if you see that stand, take the other off the fire, then you may slice it in what fashion you please.

204 *To make Leaches.*

Take a pottle or gallon of Milk, as you think fit: make it hot as it came from the Cow, then take a quantity of Almonds blanched and ground answerable to the Milk, strain them with the Milk, and seeth them with so much Sugar as wil sweeten it, and some bruised Nutmeg, Ginger, and Cinnamon, and a little Salt tied in a cloth with some Rosewater, and one ounce or more of Ilonglas, being washed and

and steeped before three or four hours in fair water: let them seethe all together till it be so clammy that it will cut with a knife: then strain it thorow a cooler, that the Isenglas may be taken away, and the next day when it is cold, cut it in slices into a dish, and serve it. So you may make it red with red Sanders, yellow with Saffron, green with, &c.

105 *The Cooks common white Leach.*

Take the Sinews of a Cowes heel, the flesh and fat cut away, slice them as thin as you can, and boil them in milk warm from the Cow, til it be stiff enough to cut, which you shal try with a spoon: then strain it thorow a cloth, and sweeten it with sugar and a spoonful or two of Rosewater: then stir them wel together with a spoon, and letting it stand till it be cold, slice it out in what forme you list, and serve it.

SWEETS.

106 *To make sweet Bags to lay
Linnen in.*

Take Damask-Rose buds, pluck them and dry the leaves in the shadow, the tops of Lavender flowers, sweet Marjerome and Basil, of each a handful, all dried and mingled with the Rose leaves: Take also of Benjamin, Serrax, Gallinal roots, and Ircos or Orris roots (twice as much of the Orris as of any of the other) beaten into fine powder; a piece of Cot-

Cotton wool, wetted in Rose water, and put to it a good quantity of Musk and Amber-greecce, made into powder, and sprinkle them with some Civit dissolved in Rosewater, lay the cotton in double paper, and dry it over a Chafingdish of coales: Lastly take half a handful of Cloves, and as much Cinnamon bruised, not smal beaten, mix all these together, and put them up in your bags.

107 Sweet bags to lay among linnen.

Take Orris, Ciprus, Calamus, Fusis, all of them gross beaten, and Galingal roots, of each a handful, and as much of the smal tops of Lavender dried, and put them into bags to lay among your clothes: you may put in a handful or two of Damask-Rose leaves dried, which will somewhat better the scent.

108 Cyprus powder.

Take of Storax Calamint four ounces; Calamus Aromaticus two ounces; red Roses two ounces; of Marjerome and Rosemary flowers of each one ounce: Orange pil one ounce and a half, of Cloves and *Lignum Rhabdum*, of each two drachms, and fine Muske twenty grains. Make all these into powder, and put it up into a bag fitting.

109 Powder of Violets.

Take of sweet Ircos roots one ounce, red Roses

Roses two ounces, Storax one ounce and a halfe, Cloves two drachms, Marjerome one drachm, Lavender flowers one drachme and a halfe, make these into powder; then take eight grains of fine Musk powdered also, put to it two ounces of Rosewater, stir them together, and put all the rest to them, and stir them halfe an hour til the water be dried, then set it by one day, and dry it by the fire half an hour, and when it is dry, put it up into bags.

110 *Cypress Matches to burn in perfume.*

Take of Willow wood made into Charcoal, one pound, of Benjamin two ounces, Storax liquida one drachm and a halfe, of Storax Calamint one ounce, Marjerome one ounce, Cloves one ounce, of fine Musk ten graines: beat them all together into powder; then take of Quincy Draggagenty four ounces, put it in Rose-water, and stir them wel together, and let them stan a night and a day; then put all the aforesaid parcels to this Rose-water, which must be no more then wil make it into a paste, and thereof make up your Matches in what forme you list, and let them dry in the shadow, without fire or Sun.

111 *How to make a sweet water.*

Take a gallon of Wort, half a gallon of running water, of Lavender and Bay leaves dried of each two handfuls, of Orris powder one ounce; put all these together in an earthen pot, let

let them stand one day and one night, stirring them often; the Morrow after distil it, putting in a penny worth of Balm: and the water which cometh of the distilling wil be very sweet.

112 *To make a sweet Powder.*

Take Orris half a pound, six pence; Cyprus half a pound, ten pence; Calamus half a pound, eight pence; Fufis half a pound, twenty pence; Benjamin two ounces, twelve pence: Musk powder twelve pence; grains one pound, eighteen pence. Total, seven shillings two pence.

113 *Another for the same.*

Take Benjamin four ounces, two shillings; Storax Calamina three ounces, two shillings; Fufis of Cloves three ounces, nine pence; fine Iteros six ounces, two pence; Santalum Citrinum three ounces, eighteen pence; Musk 20 grains, three shillings four pence; Civet ten graines, 20 d. Total, eleven shillings five pence.

114 *To make the Mose powder.*

Take of Mose that groweth upon a sweete Appletree, or a pippin tree, a good quantity, gathered betwixt the two Ladie daies, put the mose into a quart of Damask Rose-water; stop the glasse, set it before the fire, let it so remain one day and one night; then take it out and lay it on the bottome of a sieve, put it into an oven and dry it; beat it to powder: then take

take Benjamin, Storax, Calaminta, Lignum aloes, of each one ounce; Musk, Ambergreece, Civet, of each six ounces, beat all these in a mortar together, til they come to a powder, then mix it with the mosele powder, and it wil be a most excellent sweet powder.

115 To make a sweet Ealer powder.

Take Cloves and Nutmegs, of each one ounce; Cinnamon and Benjamin, of either half an ounce; *Calamus Aromaticus* and white Sanders of each two ounces, beat every of them severally, and scarce them into fine powder; and then beat them into a paste with rofwater. Take then Storax Calaminta two ounces, Labdanum one ounce, beat them in a mortar with rofwater til they be wel mixed: and then put the other Paste to them, and beat them together, til they be throughly mixed. Then take Ambergreece, Musk and Civet of each four or six grains, bruise them, and mix them wel together in a Sawcer with a little rose-water; then put them to the other paste, and work them wel together, warming both the paste and your hands very wel with a chafingdish of coals wel kindled standing by you, til you have very wel incorporated them together: and then while the paste is warm, make it up into what assize or form you please.

116 To make Snow.

Take a quart of thick Cream, and five or six whites

Whites of Egs, a Sawcer ful of sugar finely beaten, and as much rosewater, beat them altogether, and alwaies as it riseth take it out with a spoone: then take a loafe of bread, cut away the crust, set it in a platter, and a great rosemary bush in the middest of it: then lay your Snow with a spoone upon the rosemary, and so serve it.

317 *To make a flanke.*

Take Ews or Goats milk; if you have neither of these, then take Cows milk and put it over the fire to warm, then put in a little runner to it; then pour it out into a dish and let it coole, then strew on Cinnamon and sugar, then take some of your aforesaid cream, and lay on it, scrape on sugar and serve it.

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